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Sun

December 1983

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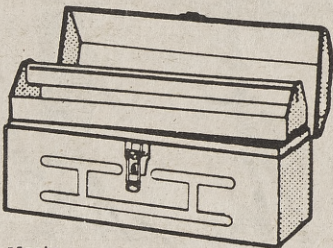
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County Prepares For Winter Storms

The week of November 13-19 was proclaimed "Winter Storm Preparedness Week" by the Monterey County Board of Supervisors. The proclamation came in connection with the "Winter-Wise Your Family — Prepare for Storms" campaign which was run throughout the state.

"The January through April, 1983 storms resulted in the loss of two lives, injured several persons, displaced 50 families, and caused \$50,000,000 in property, road and agricultural damage in this county," said Fifth District Supervisor William Peters. "That's why we want people to prepare — just in case it happens again this winter."

Still plagued with problems from last year, Art McDole, Coordinator of the Monterey County Emergency Operations said there's no way to know what to expect for this year. He said Monterey County has the potential for bad storm damage because the ground is still so saturated and erosion is still fresh.

To be prepared in case severe storms hit again, McDole offered the following tips:

Store essential supplies (especially in areas that can be isolated). Suggested items include first aid kit, food (non-perishable), portable radio, flashlights. Set aside things you would normally forget, like pet food, prescriptions, eye glasses etc.

Keep on hand materials like sandbags, plastic sheeting, and lumber for emergency repairs.

When there is a storm warning store drinking water in containers and bath tubs and sinks in case drinking

water gets contaminated. If you have to evacuate, safeguard your valuables, take your essential supplies with you, and leave a note telling where you are headed.

During the storm - electricity, telephone and water service may be interrupted but unless you are told to evacuate the best thing to do is to stay put. If you must be out, avoid areas subject to sudden flooding, don't try to drive on flood-or debris covered roads, don't try to cross flooded streams on foot and watch for downed power lines or broken gas lines.

After the storm use common sense. Don't visit disaster areas (you will be in the way and could be in danger). Don't handle electrical equipment in wet areas. Use a flashlight instead of a candle or matches to examine building damage. Report downed or broken utilities. Make sure water and food aren't contaminated.

More information is available, free, in winter safety pamphlets which have been distributed to local libraries, police, and fire stations.

According to McDole the County will be keeping watch on the storm situations and will do all they can if a problem occurs. One form of monitoring the storms is through remote rain gauge reading devices located on the mountain tops. The devices record the rainfall.

The gauge nearest Carmel Valley is on Ponciano Ridge, directly above San Clemente Dam. Last year the gauge recorded 103.64 inches of rain for the year. The highest rainfall for the county was 175 inches.

Sanctuary Board To Honor Panetta

In a ceremony marking the investiture of the Ventana Wilderness Sanctuary U.S. Congressman Leon Panetta will release one of the sanctuary's rehabilitated birds in Garland Park on December 10, at 10 A.M. The charter Board of Directors, headed by Dr. Gerald Petkus, D.V.M., Carmel Valley, is honoring Congressman Panetta on this occasion as a thanks for his years of support for the project.

The Ventana Wilderness Sanctuary has been established to protect and preserve the Rare and Endangered Wildlife native to the Los Padres National Forest. In the sanctuary, researchers do much more than put splints on broken wings — countless hours are spent researching methods of rehabilitation which will enable injured or orphaned birds to return to their natural habitats. These birds will be treated, then gradually re-exposed to their lives in the wild. After release, each bird's re-adaptation, survival rate and range carrying capacity will be monitored.

Several programs have been established at the Sanctuary, and discoveries made here will be shared with similar organizations around the country. These research programs include breeding endangered species, discovering the best breeding procedures for each species, rehabilitating birds which have been injured or orphaned and researching the best methods and techniques for successful re-adaptation.

The Sanctuary occupies 240 acres of land in the Ventana Wilderness. Located ten miles south of Big Sur, it is completely surrounded by the National Forest, and is only accessible by Coast Ridge Rd. The Sanctuary will not be open to the public, but will be utilized exclusively for wildlife research and rehabilitation.

The Ventana Wilderness Sanctuary was established by the U.S. Congress as part of the Wilderness Act of 1977. It is a non-profit organization, and is funded through the efforts of project members and private donations.



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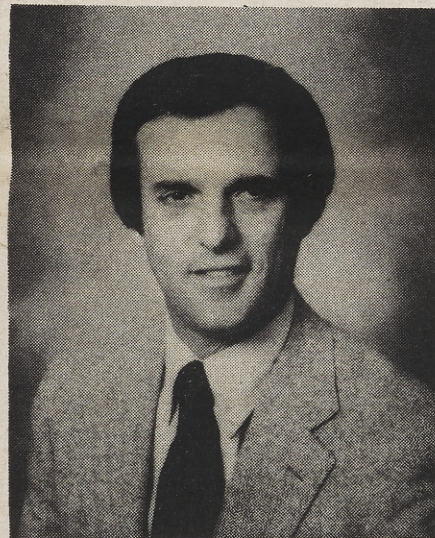
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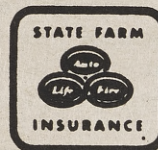
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The Carmel Valley Sun

Editor.....Debra Saxton

P.O. Box 744
Carmel Valley, Ca. 93924
Telephone (408) 659-2950

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"GOOD EGGS"

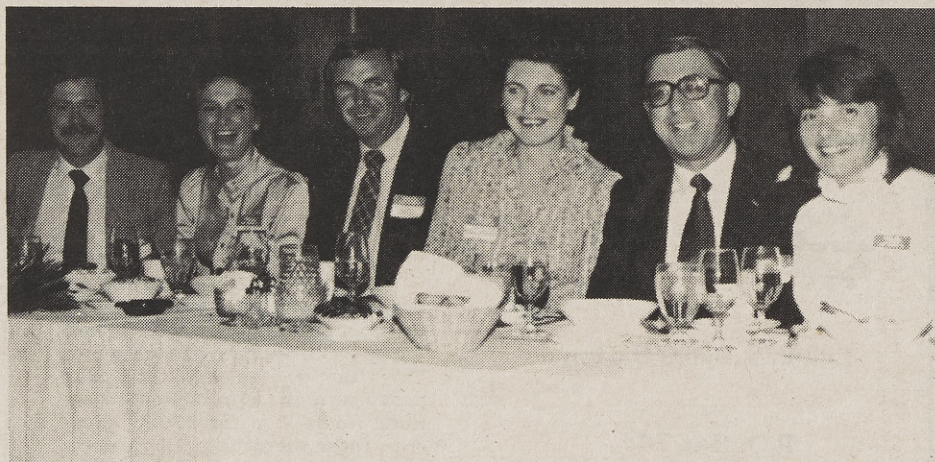


"Good Eggs" are outstanding community members. This year the Chamber of Commerce Serving Greater Carmel/Carmel Valley presented three awards. The 1983 "Good Egg" recipients were (l to r) Roger Gardner, Ruth Bishop and Dick Krueger.

CHAMBER INSTALLATION DINNER



Outgoing President Dick Krueger (left) presented a special gavel to incoming President Chuck McKay. Turning over the gavel has become a Chamber tradition. Each year Dr. Ed Marcucci (somehow) comes up with a special gavel for each incoming president. Chuck McKay said he wasn't quite sure what he was going to do with the gavel but he definitely had it at the first meeting he presided over.



Incoming officers of the Chamber of Commerce Serving Greater Carmel/Carmel Valley were seated at the head table at the Installation Dinner held November 12. Among the Officers were (l to r) Dr. Steve Austin-First Vice President, Pam Austin, John Tiernan, Debbie Bradburn Tiernan-Second Vice President, Chuck

"Good Eggs" Awarded

Recipients of the 1983 "Good Egg" awards were announced November 12 at the Installation Dinner for the Chamber of Commerce Serving Greater Carmel/Carmel Valley. The award is an annual presentation by the Chamber to outstanding community members. Receiving the 1983 award were Ruth Bishop, Roger Gardner, and Dick Krueger.

The first award recipient was Ruth Bishop whose riding activities have encouraged hundreds of Valley children, over the years, to learn about animal care and training, about the disciplines necessary to be successful in competition and the development of riding skills.

Ruth has lived in the Valley for over 30 years. She is one of the founders of the Carmel Valley Trail and Saddle Club and was on the first board of directors. She also served as secretary for many years.

Ruth has been active at all levels of the California State Horseman's Association where she has served as President of Region 6 and Second Vice President of the State Association. She still helps with at least three of our local horse shows every year.

The second "Good Egg" award went to volunteer fireman and first-aid crew

member Roger Gardner. Roger has been a volunteer firefighter for over nine years and is always one of the first volunteers to respond. Roger has also been a volunteer Little League coach for the past five years.

Roger has lived in the Valley since he was three and has always been an active community member.

The third "Good Egg", Dick Krueger, has been another outstanding community member. His record speaks for itself: He has served on the Board of the Tierra Grande Property Owners' Association, Carmel Valley Property Owners' Association, and the Carmelo Parents' Club. He is presently serving on the Mid-Valley Fire District Board.

His greatest achievement was the expert guidance he gave the Chamber when he was handed the presidency two years ago. During his presidency he rebuilt and rejuvenated the Chamber into an exciting and viable organization.

Small trophies with eggs on them were awarded to each recipient. This was the 30th year for the "Good Egg" Awards. The number of awards presented each year varies. "Good Eggs" are decided by past recipients.

GOOD EGG ROSTER

1953 Frank Porter, Byington Ford, Edison Holt. **1954** Louis Moore, Peggy Marquard, Mike Gould. **1955** Louis Gardner, Ed Marcucci, Paul Porter. **1956** Herbert Brownell, Ada Roxbury, Mark Wilmot. **1957** Jack Uzzell, Hugh Erwin, Valnizza. **1958** Louis Allaire, Tom Verga, Ed Mayfield. **1959** Ruth Ford, Sam Brandt. **1960** Lucille Chambers, Carole Baudouin. **1961** Chip Collins. **1962** Frank Preve, Bob Ray, Grant Fletcher. **1963** Louis Wolter, Lori Swiess. **1964** Rex White, Tom Hudson, Phyllis Crockett, Dr. Van Horn, G. Miyamoto, M. Miyamoto. **1965** Morden Buck, Doyt Early, Bob Jones. **1966** Tom Hefling, Ed Haber, Clark Swan, Boyd Danielson, Pete Danielson. **1967** Frank Murphy, Marge Ibsen, Ken Van Hagen, Bobbie Glendenning. **1968** Joe Hitchcock, John Woolfenden, Charles Gansel, Marjorie McKiernon. **1969** Bob Kvenild, Gwen May. **1970** Willard Branson, Charles Strathmeyer, Erasimo Belleci. **1971** Charles Lunt, Don Cummings, Ted Durein. **1972** Skip Marquard, Don Weber, Sam Corona. **1973** Edith Alt, George Palmer, Dick McKenzie, Jack George. **1974** Gail Buche, Paul Tocchet, Lee Mink. **1975** Louise Neidinger, Pat Griffith, Herb Reuter. **1976** Larry Busick, Mildred Hattan, George Corrigan. **1977** Bill Parham, Bill Conlan, Julie Power. **1978** Pete Garneau, Ron Hunter, John Von Berg, Randy Randazzo. **1979** No awards. **1980** Ron Ziese, Peter Coakley, Sally Witter. **1981** Betty Antoncich, Don Corona, Gary Tate. **1982** No Awards. **1983** Dick Krueger, Ruth Bishop, Roger Gardner.



McKay-President, Valerie McKay, Dick Krueger-Past President, Barbara Krueger, Sylvia Panetta, U.S. Congressman Leon Panetta, Jeanelle Kaminski-Secretary, and Grace Darcy-Executive Director. Panetta was the guest speaker for the affair.

Christmas Mailing Tips From U.S. Postal Service

With the Christmas mailing season just ahead, Carmel Valley Postmaster Terry Williams is offering tips for customers to assure that their cards and packages arrive on time and in good shape.

In addition to shopping and mailing early, customers are urged to properly address cards and packages with the name, house number and street (or post office box number), and the city, state and ZIP code reserved for the last line.

"It is also a good idea to put a slip of paper with the recipient's name and address and your return address inside parcels, and be sure the addressing on the outside of the parcel includes your return address and ZIP code," Williams says.

Customers are also reminded to check the size of their envelopes before mailing Christmas and other holiday cards. Letter size standards require that envelopes be at least 3½ inches high and 5 inches long to be accepted for mailing.

The Postal Service is also asking customers to put an ounce of extra care into preparing parcel post and other packages for mailing. Parcels will arrive at their intended destination in good shape if you follow a few simple suggestions:

CUSHION: Make sure contents are well-cushioned and there is no empty space in the box. Use crumpled newspaper around the item — including all sides, top and bottom. Commercially available foam shells or air-pocket padding also make good cushioning materials. Padded mailing bags are a good way to mail small items.

DON'T OVERWRAP: Just use your carton. Brown paper and twine cord are not necessary. Paper can rip, and

twine can become entangled in processing equipment.

SEAL PROPERLY: Close your parcel with one of the three recommended types of tape: pressure sensitive, nylon-reinforced kraft paper, or glass-reinforced pressure sensitive. It's a good idea to put a slip with the address and return address inside the parcel.

AVOID SMUDGES: Use smudge-proof ink for your addressing.

POSITION ADDRESSES PROPERLY: Put the recipient's address in the lower right portion of the package. Put your return address in the upper left hand corner of only one side of the package. Remove all other labels from the box.

USE ZIP CODES: Be sure to include the ZIP Code in both the recipient's and your return address. Remember, wrong ZIP Codes can delay the mail.

TIME IT RIGHT: Mail early in the month and early in the day.

USE THE RIGHT SERVICE: Irreplaceable items, such as cash and other valuables, should be sent by registered mail.

IF YOU RUN OUT OF TIME: Priority Mail affords First-Class handling for packages weighing over 12 ounces and up to 70 pounds. Priority Mail can be sent from any post office, station or branch or through rural carriers to any address in the U.S. Delivery of Priority Mail is accomplished in two to three days anywhere in the country. Priority Mail can even be used for foreign mailings.

The service is available with insurance, return receipt, COD, certificates of mailing and special delivery. Customers interested in Priority Mail should contact the Post Office for details.

Chamber To Sponsor Decorating Contest

The Chamber of Commerce Serving Greater Carmel/Carmel Valley is sponsoring its first Annual Christmas Decoration Contest. Prizes will be awarded in both business and residential categories for the best Christmas Decorations.

Entries must be received by December 16. To enter contact Steve Austin during 9 A.M. to 5 P.M., Monday through Saturday, at 659-2793 or write to the Chamber at P.O. Box 288, Carmel Valley, Ca. 93924. Only those residents and businesses that have asked to be

judged will be considered.

Judging will take place between December 19 and 21 and winners will be announced on December 23.

Prizes include a Christmas turkey and a parchment scroll honoring the winner. Gift certificates donated by Chamber members are also among the prizes.

Chamber Board members Jo Lomanto of Bank of America and Steve Austin of Carmel Valley Family Dental Care Center are chairs of the Christmas Decorations Committee.

A Lesson For Life

How far you go in life depends on your being —
tender with the young,
compassionate with the aged,
sympathetic with the striving,
tolerant of the weak and the strong.
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of these.

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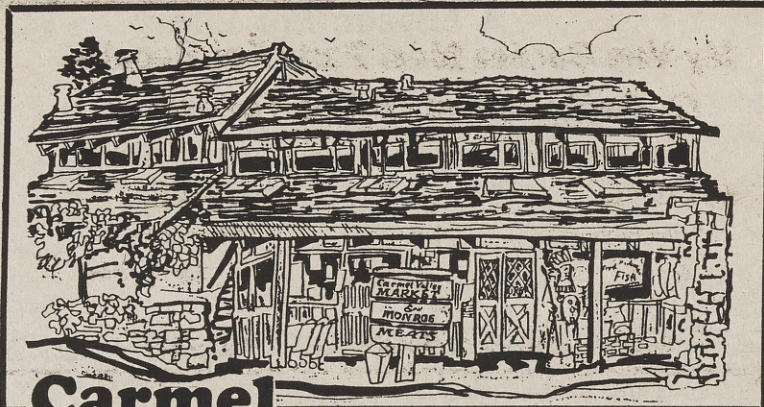
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Fill out and put this coupon in the Raffle Box at the Kiwanis
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Tips On Buying Toys

With Christmas fast approaching we thought a few pointers on toys might be appropriate. Hope this helps you in making your gift selections.

Years ago, long before I found myself in the position of having to select toys for the retail market, I learned two invaluable lessons about toys from my children. The first lesson arrived one Christmas morning.

Greg, my then four year old, had finally unwrapped the last of the seemingly endless progression of gifts which hours before had bulged and stretched far beyond the perimeter of our respectably full tree. The expression of joyful, excited anticipation with which he had greeted this opulent array of wrapped packages had long since faded, and he sat there in what appeared to be a state of disorientation and confusion. And then came the grim and unexpected question. "Is this all there is?"

The paradoxical nature of the question, asked by a child buried in the rubble of an affluent Christmas morning, struck me with great force. And between the words of Greg's question I heard him say "too many things make me feel empty" and "lots of toys and other things aren't what I really need."

My second lesson occurred over a period of several years as I watched my children play with toys. First, I noticed that among the multitude of toys and games which filled their closet and room few captured their attentions for any length of time. Instead I observed expressions of boredom and occasional exasperated cries of frustration, with most of these childhood possessions.

Second, I noticed that they seemed to experience the greatest degree of enjoyment when they played with objects hardly classified as toys: like pots, pans, boxes and branches.

And third, I did discover that there were indeed some toys which they enjoyed. In fact, I discovered that there were some toys which they liked so much that they played with these toys for years — and then some.

Later, when I found myself the proprietor of a modest little toy store which hadn't yet decided what it was

to be, I reviewed the lessons gleaned from the experiences of my children, and I reached some significant conclusions; conclusions which would begin to shape my habits of buying for the retail toy market.

The first conclusion was that children don't need lots of toys, but that they do need a lot of love and human interaction. The second was that if children are to have toys, they need a few GOOD TOYS, toys which are truly useful and rewarding to them; toys which attract them, excite them and hold their attention; toys which last; toys which they can shape to their own individual and unique needs; toys which are much more than mere possessions but which are tools to help them grow. I began to classify these toys as OPEN-ENDED toys.

Most of us recognize the CLOSED-ENDED toy, that toy which leads the child nowhere because it has limited uses and leaves little or no room for the child's imagination or creativity. When the child and a CLOSED-ENDED toy interact, it is usually the toy and not the child which determines the activity of play. Since most toys in the market place have that quality it is no wonder that most toys bore children. They are, in fact, an insult to the child's natural desire to experience, explore, discover and express his own unique and unlimited potential.

On the other hand, the OPEN-ENDED toy respects the child and responds to his uniqueness. The toy which is OPEN-ENDED has multiple possibilities for use — limited only by the imagination of the child who plays with it.

The OPEN-ENDED toy (like the block, a building set, a crayon or a lump of clay) has an infinite number of uses. The beauty of such a toy is that it can become whatever the child needs it to be and at a time when the child is ready to discover whatever particular possibility is in that toy.

In fact, a good toy has the ability to change with the needs or interests of a child, who can discover again and again the grand new possibilities of the toy.

Continued on page 7

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Tips On Toys (cont.)



When the child plays with an OPEN-ENDED toy it is he or she who is in charge of the play process; he or she who is most significant; not the toy.

In a society which tends to glorify material possessions at the expense of human beings; in a society which tends to encourage the development of "passive spectators" instead of "active participants"; and in a society which often looks to the "expert" for answers instead of within the self for solutions, there is a need to counter-balance these trends with "tools" and experiences that strengthen the individual and encourage the development of his unique potential.

In short, it is never too early to provide opportunities for human beings to know that it is they who are important, that is they who can be

responsible, and that they are indeed capable of creating their own futures.

OPEN-ENDED toys, given with love, can help to create an environment which lets the child experience himself as loved, significant, responsible, and capable. With these kinds of feelings about himself, he can grow up to make worthy contributions in his community and his world.

Submitted by:
Karen Benz Holland

Footnote: Karen is the originator of the Wooden Horse toys stores located in Carmel, Los Gatos and Santa Cruz. She is a former teacher of economics and sociology, and has a BA in Sociology and an MA in Counseling Psychology.

Only Small Steelhead Reported So Far For This Season

Patience has engulfed the Carmel River as fishermen spot the waters waiting quietly for a chance to yell "Fish on!" But, so far this season, which began November 16, there is nothing yet to catch.

According to the Department of Fish and Game there has been sufficient flow for the Steelhead to run and the mouth of the river is open, but only small fish have been reported. "There's no run on and we don't expect one until mid-January" said Carmel River Steelhead Association representative Dr. Ed Stoddard.

Stoddard was dubious about how the run would be this year. "A lot of people expect a good run, but we'll see," he said.

He blamed his reservations on the killing of an estimated 20-30,000 Steelhead which took place approximately two years ago. "This is the year those fish would be coming back," said Stoddard. Stoddard said the fish were killed when the Las Padres Reservoir dried out and sludge was released into the river.

Whether there be a good run or not fishermen should be aware of the regulations since they are special for this area warned Stoddard. "Especially

the hook size regulations and weight regulations which are still in force," he said.

Stoddard also mentioned that Steelhead Association members will be cooperating with the Fish and Game wardens in patrolling the river. The snagging problems will be the top priority of their joined efforts.

For the even more competitive anglers two competitions are available. Even though fishing itself is competitive, these contests have prizes:

— The Steelhead Association will hold their Annual Derby. A perpetual trophy will be awarded for the largest Steelhead from the Carmel River caught by an association member. For more information contact the Steelhead Association.

— For the tenth year Don Jensen, who owns the sporting and crafts shop above the Village House Hardware, will have his contest going. Contestants sign up with Don and pay a \$1 entry fee. At the end of the season, the biggest fish wins the pot. Don won't settle for any fish stories, he has to weigh them in himself for them to qualify.

Get the Details

The managing editor was very explicit in his instruction to the cub reporter. Among other things, he emphasized that names be obtained in writing all items. "In Fact," he stressed, "names are essential."

Later the cub reporter handed in the following item:

"Last night lightning struck a barn northwest of town belonging to Ike Davis, and killed three cows. Their names were Rosie, Isabel, and Mabel."

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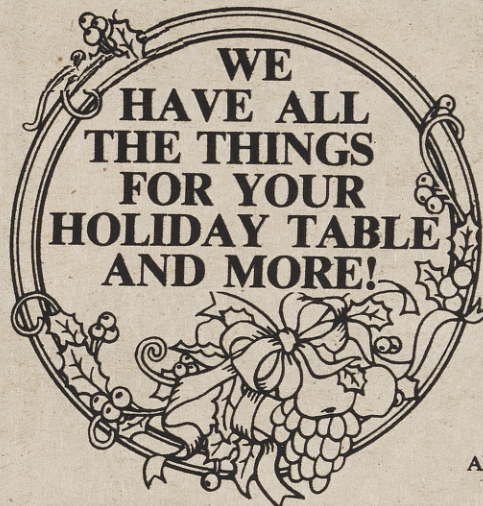
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ComSat Donates Important Equipment To Sheriff's Dept.

Sheriff Bud Cook announced that one of the final pieces of equipment needed to complete the outfitting of the Sheriff Department's Mobil Crime Scene Identification van has been donated by ComSat.

A.J. Stotler, Manager of the Jamesburg Earth Station in Carmel Valley learned that a small generator was needed for the unit and convinced ComSat to purchase a small portable Honda generator which they donated to the department.

This generator weighs 42 pounds

and can easily be carried to off-road sites. It will provide sufficient electricity to allow floodlighting of any remote crime scene. The 600 watt unit will run approximately four hours on 1/2 gallon of gas, and is small enough to be stored in the underside compartment of the crime scene van.

According to Sheriff Cook, this is a valuable addition to the unit since it will assist investigators at locations where it is impossible to get into with the vehicle.

Sorri Appointed Director of Salinas Valley Memorial Hospital

Fred Sorri, of Carmel Valley, has been appointed director of development and public relations for Salinas Valley Memorial Hospital and Salinas Valley Memorial Hospital Foundation.

Sorri resigned from a similar post at the Community Hospital of the

Monterey Peninsula to accept the new position which was effective Dec. 1. He was with CHOMP for twelve years.

Prior to entering the hospital field, Sorri was city editor of the **Monterey Peninsula Herald** in Monterey where he worked for 17 years.



Valley Resident Fred Sorri was appointed Director of the Salinas Valley Memorial Hospital. Sorri will assume his position as of December 1.

Little League Looking For Volunteers

This announcement may be of special interest to the parents of nine to twelve year old children who would like to play baseball.

The Carmel Valley Little League needs volunteers to serve on a committee which will develop and present to the Little League Board a proposal on Major League try-out policies. If interested in serving on the committee

contact Fred Herro at 659-4802.

In addition, Carmel Valley Little League is always looking for volunteers to coach, umpire or donate whatever talents they have. Baseball season will be here, before we know it (sign-ups will be in late February). All help will be greatly appreciated.

REPORT CARD

by Janie Barelli

Winter Bazaar Scheduled For December 14

Student accomplishments will be on display at the Second Annual Carmel Middle School Winter Bazaar, which begins at 7 P.M. on December 14 at the school gym.

First semester achievements will be presented by the art, industrial art, crafts, home economics, and music departments who are sponsoring the event along with the Parent-Faculty Club.

The Bazaar is a special gathering for students, parents and school staff and everyone is invited to share in this joyous time.

A raffle will be part of the evenings fun. Among the prizes are a Gingerbread house made by the students and a Dellarobbia Wreath.

Russian tea cookies, coffee and punch will also be served.

Volleyball Team Brings Home A Trophy

Congratulations to the Carmel Middle School Eighth Grade Volleyball team for bringing home the first place trophy from the Monterey Peninsula Middle School Volleyball Tournament.

NOTE: School will be recessed December 16 through January 3.

Bookmark Contest Winners Announced

Two Tularcitos students entered a County wide Bookmark contest and came out winners.

The contest required the students to design a bookmark using the character, title, or theme of their favorite book.

Navarre Bautista (her book selection was Pippi Longstocking at the Rescue) and Craig Underwood (with Trumpet of the Swan) were among the 15 winners selected by three County children's librarians. A paperback book was awarded each winner.

The winning bookmarks have been printed by a professional company and are now available for free at all county libraries.

PFC and Language Arts Sponsor Writing Contest

The Language Arts department and the Parent Faculty Club are co-sponsoring school wide writing contests throughout the year. The first contest ended November 9. There were 130 students participating in the contest, winners have not yet been announced.

Tentative Date Set For Thank You Assembly

A tentative date of December 16 has been set for the Marine World Assembly at the Middle School. The assembly is a special thank you from the Parent Faculty Club to the students for their hard work during the Magazine Drive. The students grossed \$28,000 for their salesmanship.

Experience

Doctors will tell you that if you eat slowly you will eat less. it is particularly true if you're a member of a large family.

No Money

Student: "You look broken up. What's the matter?"

Roommate: "I wrote home for money for a study lamp."

Student: "Well?"

Roommate: "They sent a lamp!"

Wonderful Vocabulary

Teacher: "Johnny, give me a sentence containing the words deduct, defeat, defense, and detail."

Johnny, after some thought: "Defeat of deduct gets over defense before detail."



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SQUID PARMIGIANI.....	4.45
SQUID BAKED IN GARLIC BUTTER.....	4.45
SQUID SAUTEED, GARLIC TOMATO SAUCE.....	4.45
SQUID, SWEET & SOUR SAUCE.....	4.45
EGGPLANT & SQUID PARMIGIANI.....	4.25
EGGPLANT PARMIGIANI.....	4.25
CHICKEN BAKED IN SWEET & SOUR SAUCE.....	4.25
CHICKEN BAKED IN PARMIGIANI.....	4.25
STEAMED CLAMS BORDELAISE.....	6.25
SPAGHETTI & MEAT BALLS.....	4.25
SPAGHETTI & CLAMS-LINGUINI STYLE.....	4.95

SANDWICHES

SALAD OR CHIPS

CHEESEBURGER.....	3.95
HAMBERGER.....	3.95
BLT.....	3.95
CLUBHOUSE.....	4.25
BACON & CHEESEBURGER.....	4.15
FRENCH DIP.....	4.25
BAR-B-BEEF.....	4.35
PEPPER STEAK SANDWICH.....	4.45
SQUID SANDWICH.....	4.15
TURKEY SANDWICH.....	3.95
HAM SANDWICH.....	3.65
ROAST BEEF SANDWICH.....	4.15
GRILLED CHEESE.....	3.35
MEAT BALL SANDWICH.....	3.95

SALADS

CHOICE OF DRESSINGS

CRAB LOUIE.....	5.95
COMBO LOUIE.....	5.85
SHRIMP LOUIE.....	4.95

THE
SQUID
IS
BACK

SERVED WITH SOUP OR SALAD, PASTA, BAKED POTATO, VEGGIES, BREAD & BUTTER

STEAMED CLAMS BORDELAISE - 1 DOZEN.....	6.85
SQUID GRILLED.....	5.95
SQUID PARMIGIANI.....	5.95
SQUID BAKED IN GARLIC BUTTER WITH FRESH MUSHROOMS.....	5.95
SQUID SAUTEED, GARLIC TOMATO SAUCE.....	5.95
SQUID BAKED IN SWEET AND SOUR SAUCE.....	5.95
EGGPLANT & SQUID PARMIGIANI.....	5.45
EGGPLANT PARMIGIANI.....	5.45
CHICKEN BAKED IN SWEET AND SOUR SAUCE.....	5.65
CHICKEN PARMIGIANI.....	5.65

OTHERS

SERVED WITH SOUP OR SALAD & GARLIC BREAD

SPAGHETTI & MEATBALLS.....	5.25
SPAGHETTI & CLAMS "LINGUINI STYLE".....	6.25
SPAGHETTI & SQUID, GARLIC BUTTER.....	5.25
SPAGHETTI & SQUID, TOMATO SAUCE.....	5.25

SALADS

CHOICE OF DRESSINGS

CRAB LOUIE.....	5.95
SHRIMP LOUIE.....	4.95
COMBO LOUIE.....	5.85

CHEF'S SALAD—TURKEY—HAM—CHEESE.....	4.75
& LOTS OF GARNISHES	
STUFFED AVACADO WITH SHRIMP.....	5.25
STUFFED AVACADO WITH CRAB.....	6.25
STUFFED AVACADO WITH BOTH.....	5.75

MORE OTHERS

CLAMS 1/2 SHELL—HALF DOZEN.....	3.45
OYSTERS 1/2 SHELL—HALF DOZEN.....	4.25

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Come All**

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December 10
5 P.M.**

**See Santa
Arrive on the
Fire Truck**

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Decorate
the Tree**

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SHOPPING
CENTER**

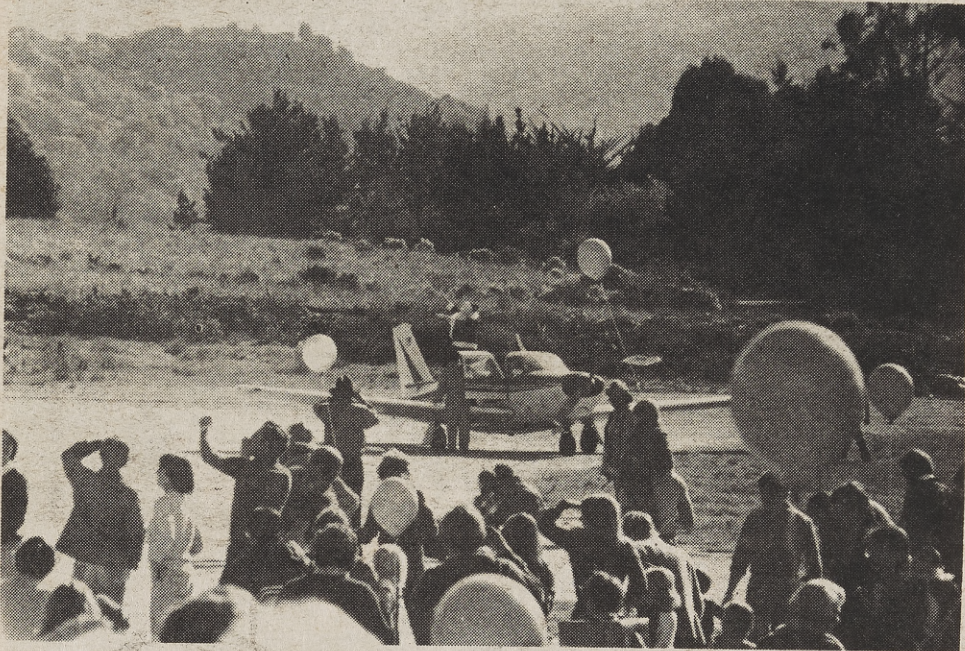
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Choir
& Band**

**Free
Cookies,
Cider, Candy
Canes!**

**Mark your
Calendar
Now!**

**Sing
Christmas
Carols!**

Santa To Arrive In Carmel Valley December 10



Santa and Mrs. Claus are scheduled to arrive on December 10 at the Carmel Valley airport. From there he will parade through the Village to the Community Center. The Public is invited to visit with Santa while he is at the center.

The familiar Ho! Ho! Ho's of the Number One Christmas V.I.P. will greet residents on December 10 during the Annual Santas Fly-In.

For the twenty-fifth year Santa will make Carmel Valley one of his pre-Christmas tour stops. Asked if Mrs. Claus would again accompany him Santa said, "She wouldn't miss it for the world and already has the candy canes for the kids packed and ready to go."

Santa will arrive at 11 AM. at the Carmel Valley Airport. A parade to the Community Center will follow.

As an honored guest Santa's pilot, Don Cummings will be riding on one of the fire trucks during the parade. Cummings was the original pilot for Santa when he first visited Carmel Valley 25 years ago. He has been Santa's only pilot ever since.

Others scheduled in the parade are the Fort Ord Seventh Infantry Band and Continental Color Guard, antique cars, Girl Scouts, Brownies, Carmel

Valley Rodeo Association, and many others.

The parade route travels from Flight Rd. to Carmel Valley Rd., up Delfino to Via Contenta, then down Ford Rd. to the Community Center.

At the Center Santa will visit with children individually. Children will also be able to have their pictures taken with Santa and Mrs. Claus.

Some entertainment is planned for families waiting to see Santa. The activities include the Carmel High School Band and Lannette Berge doing face painting. There will also be a game booth sponsored by the Boronda 4-H.

Hot dogs and other refreshments will be sold by Community Center Board members. Other food booths will also be sponsored by local youth oriented groups.

Christmas trees to decorate the Center will be donated by the C.V. Kiwanis.

NOTE: The Board of Directors also hoped to honor those board members who were the originators of Santas Fly-In 25 years ago. Unsuccessful attempts have been made to find out who they are and to contact them. If you are one of the original Fly-In organizers or know who they are please contact Diane Scholl at 659-3222 or Debra Saxton at 659-2950. We would like to show them our appreciation for the special annual event they started.

Santa Will Visit Mid-Valley Shopping Center

Santa has set a busy schedule for himself on his visit to the Valley and after his appearance at the Fly-In, Santa will join the Mid-Valley Merchants Association in kicking off their holiday season.

At 5 PM. he will arrive at Mid-Valley Shopping Center with treats and ho, ho, ho's for good little girls and boy's.

All Carmel Valley Residents are in-

vited to the festivities which include decorating the tree, singing Christmas Carols and free cider, cookies and candy canes.

After the fun Santa will continue on his whirl wind tour. Asked how he keeps up the hectic pace of the holiday season he replied, "Isn't magic wonderful!"



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Andrea's Bakery

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We are now bringing Monterey Baking Co. bread in on the weekends. Sourdough, sweet and sourdough rounds.

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Great selection of holiday candy and gift jars filled with Christmas Jelly Bellies!

Wines

More new wines for the holidays!

We all wish you Joy, Peace, and Happiness



St. Nicholas and Black Peter will arrive at the Barnyard on December 6 and will light the Barnyard tree. A host of activities are planned for his arrival. The arrival of St. Nicholas upon his white steed is a European tradition that has been adopted by the Barnyard along with the "Weinachtsmarkt".

Barnyard Will Repeat Adopted European Traditions

Two European traditions will be splendid robe on his great white horse enjoyed on December 6, when the to light the Barnyard tree and bring Barnyard hosts their annual "St. presents for good boys and girls. Nicholas" Day and the In the Netherlands, St. Nicholas Day "Weinachtsmarkt". is known as "the giving day". Tradition-ally, St. Nicholas arrives from Spain on a swift boat. He has his great white horse on the boat, and, as it fashioned, outdoor, European white horse on the boat, and, as it Christmas market set up in the Barn- yard courtyard. Tables are set up out- doors and filled with Christmas crafts, looking splendid in his flowing white ornaments, toys gifts, cider, pretzels beard, royal red robe and golden and treats. Music will fill the air as a miter. He rides from house to house, choral group sings, trumpeters play from village to village bringing sweets and clowns cavort. and presents...but only for the good girls and boys.

At 5 P.M. St. Nicholas arrives in his girls and boys.



Linda Ingram displays handmade gift items that will be available at the Chapel "Country Christmas Bazaar". The items displayed by Linda have all been made by the Chapel Children.

Chapel Schedules Bazaar

"A Country Christmas Bazaar — With a Touch of Elegance", will be presented by the Carmel Valley Community Chapel Guild on December 3, in the Johnson Fellowship Hall on Paso Hondo and Village Drive in Carmel Valley.

The Bazaar offerings include a bake sale; Christmas ornaments; handmade needlework; a silent auction; gift novelties and Thrift Shop items. Also, there will be special musical performances at various times throughout the day.

A luncheon of homemade soup, salad bar, ham, bread and dessert will

be served from 11:30 A.M. to 1:30 P.M. Lunch will be \$4.25 for adults and \$2 for children under 12. There will be a fashion show during the luncheon of clothing donated to the church Thrift Shop.

Nursery care will be available from 11 A.M. and 2 P.M.

Proceeds go to the Chapel Guild Fund which is used to help local people and missionaries. "People buying will be helping us to help others," said Donna Hamilton who is co-chairing the event with Marjorie McKiernon.

Shriners To Appear At Barnyard

Islam Temple's Southern Clubs (The Shriners) will hold their annual East-West Football Classic and Pageant Rally on December 10 at the Barnyard Shopping Center at Highway One and Carmel Valley Road.

The Shriners, who are most noted for their work in support of the Shriner Hospitals for Crippled Children, will be promoting their East West game and selling tickets to that event, according to Paul D. Stevens, Past President of the Monterey Peninsula Shrine Club, and will perhaps recruit a child who needs care for their hospital by making their presence known to the community.

Included in the afternoon's events are: a serenade played on their caliope while the clowns and comics parade through the Barnyard, a bagpipe band will play and parade through the courtyards. Two East-West players are expected to attend the event. The clown and comic units from the Sunnyvale club, will amuse the children and adults alike with their balloon animals and tricks, just as they do every year at the football classic.

Principals to this day are Assistant Director Bill Hyler of Pebble, First Vice President, Monterey Peninsula Club; Andrew Canada of Monterey; Mr. Joseph McKinney of Watsonville, who is the Director of Pajaro Valley Shrine Club Caliope Unit; and Mr. Rick Giffin of Santa Cruz.

The activities will start at 12:30 and continue through 3:30 P.M.

Montessori School To Host Holiday Potpourri

It's "Holiday Potpourri" time from 10 A.M. to 3 P.M. on December 4 at the Montessori School on Carmel Valley Road next to the Begonia Gardens.

Children, parents and staff are mak-

ing crafts, baked goods, gifts and food for the event. Special features are the popular pizza lunch and hot cinnamon rolls.

Proceeds will benefit the school.

Sunset Center Is Hosting Special Christmas Programs.

Several special Christmas programs have been scheduled at the Sunset Center for the month of December.

Plan to be delightfully entertained by the Carmel River School Program on December 6 and 7. Performances on both days begin at 7 P.M.

It will be all instrumental on December 14, when the Free Watsonville Band Concert is scheduled. Musicians from Watsonville and of all ages

make up this tuneless group.

Students will again take the stage when the Briarcliff Academy performs on December 20. Their program begins at 7 P.M.

Admission to these events is free. The Sunset Center is located on 9th and Mission in Carmel.

For more information call 624-3996.

Rippling River Will Hold Crafts Bazaar

It's a homemade Christmas Bazaar and everyone is invited.

The Bazaar is 10 A.M. to 2 P.M. on December 4 in the Crafts Room at Rippling River. Admission is free.

All the items in the Bazaar are homemade and among the featured artworks will be photographs, paint-

ings, ceramics, and woodworks. Cakes, cookies, pies and other delectables will also be on sale.

The event is sponsored by the Residents Association of Rippling River but most of the proceeds will go to the individual artists.



Islam Temple's Southern Club Shriners will entertain shoppers on December 10 at the Barnyard.

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Chapel Will Feature Singalong Messiah on Dec. 4

You've heard of San Francisco's famous "Singalong" Messiah — performed each Christmas season and heard on both radio and television. It looks like great fun, and it sounds wonderful to hear all those voices singing the words and music of the Messiah.

If you have ever wondered what it would be like to take part in something like that, wonder no more for the "Singalong" Messiah is coming to the Carmel Valley Community Chapel at 3 P.M. December 4.

With music under the direction of Stephen Tosh, solos by singers from

Hidden Valley Music Seminars and the chorus by the entire audience, the Chapel will literally ring with the words and music of Handel's immortal Messiah. A special feature will be Handel's own more singable "Gigue" version of "Rejoice Greatly O Daughter of Zion".

Words and music for the chorus will be provided at the door and everyone is welcome to this memorable event. Refreshments will be served in the Johnson Fellowship Hall after the event.

For more information call the Chapel office at 659-2278.

Combined Choruses of Churches Will Join In Sunset Center Special Program

The combined choruses of many of the local churches will present a program of Christmas music from many lands. The program will begin at 3 P.M. on December 3 at the Sunset Center.

Once again carols from Germany, France, Spain, Italy and traditional American carols will be sung. Everyone is invited to sing along in their native language.

The event will also feature the Sunset Center's annual song competition winner in a premiere performance.

Traditional holiday sweets will be served during the musical portion of the afternoon.

Many organizations, fraternal clubs, and ethnic groups have offered to

participate in the celebration.

The public is invited to share in the activity by baking a favorite cookie or sweet and taking it to the Center for the event.

Part of the endeavor of that day will be in cooperation with the Salvation Army who will be collecting donations for their Christmas Bureau Basket. Those interested in sharing their holiday with some child or senior citizen, can bring a wrapped gift designated for a child or senior citizen. Canned goods are also welcome.

A combined choir rehearsal will be held on Tuesday, Nov. 29, at 7:30 P.M. in the theater. Individuals are also welcome to join in the performance.

There is no admission fee.

Crossroads Will Hold Christmas Art Show

Jack Wall thanks people who tell him "he's for the birds." The Carmel artist who paints birds in their natural surroundings has attracted admirers and collectors from around the world.

In his early teens Wall could boast art and a first prize in a national soap carving contest by age 15. Shortly after graduating from high school he began working for Gimle's Department Store in Milwaukee as an office

boy. Within one year he was an 18-year-old art director supervising 13 artists.

Jack's paintings will be on display at the Crossroads Christmas Art Show December 9, 10, 11 and 16 through 23. The hours are 10-6. More than 20 artists will show their works. The art will range from watercolor, oils, drawings, photographs, and weavings.

The Marjorie Evans Gallery at the Sunset Center will host an exhibition of work from the Monterey Peninsula Photographers Photo Contest which was sponsored by the Monterey Peninsula College Photography Department.

Charles Potts, Chairperson of the Photography Department of the Art Center School of Design judged the show.

Mr. Potts said he was very pleasantly surprised by the quality and the wide variety of concepts represented by the entries.

Photo Contest Entries Will Be Exhibited At Sunset Center

In his talk to the students, Potts said during the past few years he has observed a movement back to black and white photographs. "When color first came in, people were predicting the end of black and white," he said. "But there are so many things you can

do better with black and white."

He explained that photography is not simply a recording medium, but a creative medium. The tool in this is the use of light. The artist does not just record his subject, he explained, but shows what the subject says to him through the use of light.

Photographers are now getting training in the fine arts as well as in darkroom camera techniques.

The show will run from December 1 through December 30.

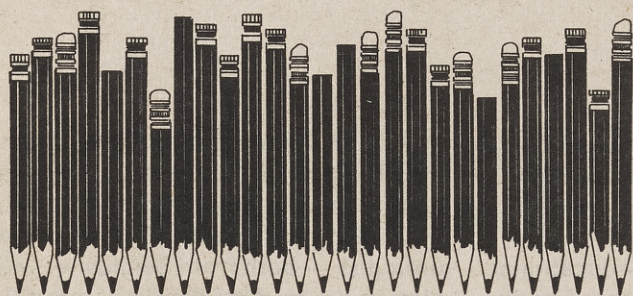
The Marjorie Evans Gallery is open each weekday from 9 A.M. to 5 P.M. and on nights of performances in the theater.

There will be a special opening of the exhibition on December 9 from 8 to 10 P.M. for the photographers and guests.

Working Part-time

The story is told of a great musician who took his orchestra on tour, and during his travels received a note from a well-meaning person in one of his audiences. This is what the note said:

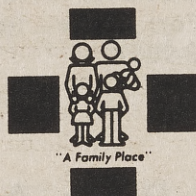
"I think it is only fair to inform you that the man in your orchestra who blows the instrument that pulls in and out, only played during the brief intervals when you were looking at him."



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Color To Be Featured At PWN Meeting

Carmel artist Marcia Toscher will be the guest lecturer at the monthly brown bag luncheon of the Professional Women's Network of the Monterey peninsula on December 13 at the Crossroads. The lecture will start at 12 Noon.

Ms. Toscher has been an artist all her life and a color designer and interior decorator for the past year and a half. She will bring to her audience a unique approach to working with color, and will explore ways in which color effects us physically and psychologically.

Ms. Toscher received her B.A. degree from San Jose State, and studied art and color under several private teachers. She resides in Carmel.

Members are admitted to the lecture without charge; non-member admission is \$3.

Ann Peabody To Be Guest Lecturer At PWN

Ann November, Respiration Specialist, and Pat Peabody, R.N., of the Pulmonary Wellness Center at Community Hospital, will be the guest speakers at the November 29 meeting of the Professional Women's Network of the Monterey Peninsula at the Community Room in the Crossroads. The meeting will start promptly at 7 P.M.

Ms. November and Ms. Peabody will present film slides in conjunction with their lecture on the importance of respiratory wellness to women if they are to achieve optimum health.

Members are admitted without charge; non-member admission is \$5.

Short Month For Alliance On Aging

December will be a short month for the Alliance on Aging who have only three meetings scheduled for the month.

The topic for the December 2 meeting is "Senility Reconsidered: Fact and Fiction. The guest speaker is Wayne Lavengood who is coordinator of Elderly Adult Programs at the Community Hospital.

Monterey Peninsula College instructor, Nick Zanides, will be presenting "Where There's A Well" at the December 9 meeting. The play will be performed by the Peninsula Players.

Members of the luncheon group will be offered a special Christmas program on December 16. A special dinner is also planned and will cost \$2.

The Alliance on Aging meets every Friday at 11:30 A.M. at the Pacific Grove Community Center. A lunch costing \$1.50 (except where noted) is served at 12 Noon.

There will be no meeting on December 23 or December 30 due to the Christmas and New Year holidays.

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CLASSES BEING OFFERED

Film Festival Features Alec Guinness

On December 13, the British comedy Film Festival will present Alec Guinness, Joan Greenwood, and Valerie Hobson in **Kind Hearts and Coronets** in the Sunset Theater at 8 P.M.

Kind Hearts and Coronets is considered by many as the most perfect in execution and performance of any of the comedies produced by Sir Michael Balcon at the Ealing Studios. It may, in fact, be the most polished and sophisticated black comedy ever filmed.

Alec Guinness' incredible skill at vivid impersonation and his deft handling of an eight-role extravaganza is certainly the high point of his film career as is Dennis Price's urbane and

delectable performance as the would-be Lord D. Ascoyne. The elegantly sophisticated dialogue and tongue-in-cheek direction of Robert Hamer couldn't be better.

Pauline Kael said, "A snob, a general, a photographer, an admiral, a suffragette, a clergyman, a banker, and the Duke — all, by a casting stroke of genius, played by Alec Guinness, is this tart black comedy on the art of murder.....**Kind Hearts** is heartless and that is the secret of its elegance."

Tickets at \$2.00 will be available at the box office on the night of the performance.

Sunset Center is located at 9th and San Carlos in Carmel.

Infertility Workshop Scheduled

Ten million people are involuntarily childless at anytime. This represents one in every six couples of childbearing age.

Infertility Update, an educational seminar sponsored by the Family Planning Education Council, will be held December 9, at the Salinas Community Center. The workshop is designed for individuals who have either a personal or professional interest in infertility. The physical causes, emotional effects and medical treatment will all be discussed.

Speaking at the seminar will be Esther Levine, Coordinator of the

McArthur Planned Parenthood Infertility Program in Oakland, Ca. Dr. Jim Ross, an obstetrician-gynecologist, and Dr. Richard D'Anna, a urologist — both from Salinas — will discuss the medical causes of infertility. A representative from RESOLVE, a non-profit organization offering counseling and support to infertile couples, will also be part of the program.

Continuing Education Units are available for nurses.

For more information Call 758-9861.

Brown Bag Feature Stars Arthur Mitchell

The December 15, Brown Bag Cinema features ballet star Arthur Mitchell and the highly praised Dance Theater of Harlem.

The film "Rhythmetron" introduces the ABC's of ballet appealing to all ages. Mitchell explains the basics of ballet in terms of daily activities, sports, and popular dance steps.

In the final segment of the film, the

company treats the audience to a performance of three works choreographed by Mitchell.

The film won a Blue Ribbon at the American Film Festival.

The Brown Bag Cinema begins at Noon at the Sunset Center Carpenter Hall. The film will start at 1 P.M.

Admission is free. For more information call 624-3996.

CPR Training To Take Place At Carmel Red Cross Chapter

The Carmel-by-the-Sea Chapter of the American Red Cross is offering a series of Cardio Pulmonary Resuscitation training courses which will be held in the chapter building at 8th and Delores in Carmel.

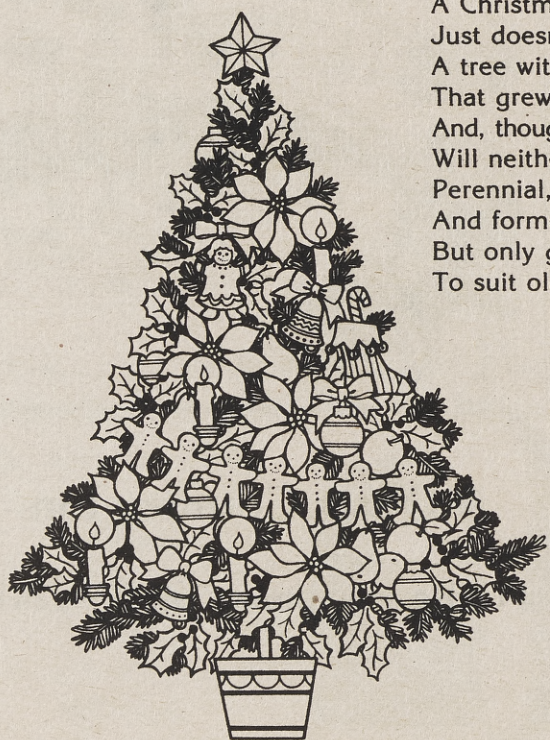
Each class will be approximately 8 hours and be conducted in two sessions. The sessions will be offered Dec

1 and 2 at 4 P.M., Dec. 6 and 8 at 7 P.M. and Jan 10 and 12 at 7 P.M. An American Red Cross certificate will be issued to all participants who pass the course. There will be a \$7 charge including book.

For more information call the Red Cross chapter at 624-6921.

Christmas Tree

I think that I shall never be,
Sold on an artificial tree.
A Christmas tree with plastic limbs
Just doesn't stir me up to hymns;
A tree with needles made of foil,
That grew in factories, not soil;
And, though it will not burn nor shed,
Will neither be alive or dead.
Perennial, yes, it may be,
And formed in perfect symmetry.
But only god can make a tree
To suit old-fashioned fools like me.



Lyceum Classes Change In Dec.

Classes at the Lyceum in December offer several different topics.

- **Tidepools II** — From 2-4 P.M. on December 4, Grades K-1 will explore the sealife that exists in tidepools. Barbara Novelli will instruct the class.
- **Tidepools III** — Grades 2 and 3 continue the tidepool studies on December 18 from 2:30 to 4 P.M. A skilled marine biologist will introduce young students to the fascination of things living between high and low tides.
- **Bite The Apple III** — A continuation of basic language on microcomputers led by Capt. Ted Farmer and the NPS Hobby Computer Club. Class meets on Dec. 3, 10, and 17 at 9:30-11:30 A.M. A

materials fee of \$6 is required.

- **Christmas Cookies** — The age old tradition of decorating Christmas sugar cookies with silver outline and color will be taught by Yve Ramos. The class for grades 4-6 will be December 8 from 4:30-6 P.M. A material fee of \$2 and an apron are required.
- **Mexican Christmas** — Grades 4-7 can learn how to celebrate Christmas "Mexican style". Students will build pinatas, cook traditional foods and learn holiday music. Alicia Matthews is the instructor. A \$2 material fee is required.

Those interested in the classes can contact the Lyceum at 372-0698.

CLUBS

Garden Club To Hold Special Christmas Meeting

The Garden Club will hold a special Christmas celebration on December 8, at 8 P.M. at Wittman's Restaurant in Mid-Valley.

Club members are invited to share

the holiday spirit at this special gathering. Others interested in attending the meeting may call club president, John Allen, at 659-4093.

Women's Club Will Feature Christmas Classics Presented By RLS Group

A special program is scheduled for the Carmel Valley Womens Club annual Christmas Luncheon to be held December 7, at Rancho Canada Gulf and County Club.

The gathering begins at 11:30 A.M. for a social hour and lunch will be served at 12:00.

Following the luncheon the Robert Louis Stephenson's Choral Group,

under the direction of Robert Klevin, will present an array of Christmas classics.

For more information call 659-2986.

Corresponding Secretary, Maida Thomas, announced the addition of two new members in November. Welcome to the club Mrs. Ulabel Elder and Mrs. Helen Harper.



Kiwanis News
Dr. Steve Austin

Kiwanis Open Christmas Tree Lot

On December 3, the club will open its Christmas tree lot at the Mid-Valley Shopping Center. This will be the fourth year for the event, and if last year is any indication the sale promises to be another success. We will be offering 350-400 quality trees at very competitive prices. Plantation Douglas Fir, Native Douglas Fir, Plantation Noble Fir (similar to Silver Tip) and table tops will be among the selections. The largest trees will be in the seven to eight foot range.

In addition to the trees, a raffle will be held for five Christmas turkeys. An entry blank and a dollar off coupon is available in this issue of the C.V. Sun.

Gary Tate, the organizer of the event, will have his volunteers ready when the trees arrive from Olympia

Washington. The lot will be open every day until all the trees are sold.

Raz Bellici has offered his trailer to the volunteers again this year and thanks to Raz the members will have a place to warm up during those cold December nights.

Although the tree sales require a great number of hours and individual effort, the results are rewarding. Last year the club netted \$1000 for its project fund.

Notable luncheon speakers this month included Marvin Wolf, Dept. of Public Works; Regional Parks Director, Gary Tate; Carmel Valley Community Center Board President, Debra Saxton; and Roger Williams of the Village Improvement Committee.



**Carmel Rancho
Lions Club News**
by
Frank Catalano

Lions Come Out Roaring In December

The Carmel Rancho Lions have been busy and plan to stay that way with programs they currently have underway.

In November, the club initiated a program to help eliminate diabetes. International President Dr. James M. Fowler designated November as Diabetes Education Month and the Lions became involved in a number of ways. The diabetes education is part of the Lions Club efforts to fight against blindness and diabetes is one of the leading causes of new cases of blindness in the industrialized nations.

District Governor Bob Froome has announced the District 4C-6 Lions will be participating in a district wide Drug Abuse Program. The program will be aimed at the schools in the community and will be headed by Lion Pat Varketta of the Blossom Hills Lions Club in the San Jose area.

Chairman Rich Hagerty has announced the start of the Student Speakers Contest. Students are judged on their speaking ability, research, and presentation. Finals will be held in February. Lion Charles Mackres will head the contest locally. Interested high schools and students can contact him at 625-2927.

The Blind Service Center, which is

the main focus of the Lions Club efforts, will hold their Annual Country Store Night at 5:30-8 P.M. on December 2. There will be a selection of homemade baked goods and crafts as well as wine and cheese tasting. A 19" Zenith color television with remote control is the grand prize for the raffle that will be held during the evening. Other prizes in the drawing include hams, turkeys, and various gift certificates. Proceeds for the event benefit the Blind Center in Pacific Grove.

More Action... The club has been able to make a \$100 donation to the excellent program headed by Jean Moritz which was developed for schools with handicapped children. A \$200 donation is earmarked for the Carmel Valley Community Youth Center for additional picnic tables.

Members... Lew Harbin, who chairs the glass recycling fund raiser, is doing a great job. He and his helpers have built the project funds by \$139 plus. Thanks go to the Sparolini Distributing Company for their generous donations of returned glass and the use of their big truck to haul it. Rancho Canada Golf and Country Club has also been a big contributor of glass...More next month.

Clubs Invited To Join "Human Race"

Clubs, organizations, schools and any other nonprofit agencies are being invited to raise funds for their group by participating in "The Human Race".

"The Human Race" is a 10-kilometer "walkathon". Each person who takes part finds sponsors to pay for each kilometer walked. Seventy-five percent of the money raised will go to the participant's favorite non-profit organization and 25 percent will go to Volunteers In Action for organizing the event.

In order to participate, the organization needs to encourage its members

to walk, and to collect the money from their sponsors. Volunteers In Action will provide the printed materials, pledge sheets, prizes, T-shirts, refreshments, staff the route, handle publicity, and account for the money once it is collected.

Training meetings for organizations participating will be held in January and February. This year, the event is scheduled for May 12, 1984.

Last year, 550 volunteers walked in "The Human Race" and raised \$33,000 for 75 Peninsula nonprofit and public agencies, schools, churches and clubs:

Out Our Way

A Delight On Halloween

Was it the wicked witch of the West?
No way!

Under that terrific witches get-up was lovely Vera Stokes who will be 90 on Christmas. Each year for Halloween Vera redecorates the exterior of her house on Via Contenta to fit the occasion. She dons her witches costume and awaits the trick-or-treaters.

The Stokes house and Vera have thrilled children (and parents) for years

and she has become notorious throughout spookdome. This year Vera reported handing out over 60 bags of candy to all sorts of little goblins and spooks.

Would that we could share Vera's enthusiasm for All Saints Eve with you readers but alas, the photographer bumbled again. We'll catch it next year.



School Principal Jim Konke (Ring Master-Center) marched along with the Tularcitos Students during their annual Halloween Parade. The little ghosties and goblins were certainly a site to see. The entire school participated in the parade as well as the Carmel Valley Fire Department.

Nothing Like A Nice Car Ride

Mr. and Mrs. Robert Meadows of Carmel Valley were surprised when their friends Frances and Tracy Williams showed up at their doorstep.

Not so unusual since the Williams were breaking in a new car, and its usually fun to share a new car with friends. What was unusual, however, is the fact that the Williams' live in Mount Vernon Washington. Guess they decid-

ed there was no better way to break in a new car than to take it on a long trip. And who better to share it with than friends that were once neighbors for over 20 years.

Mrs. Meadows said the Williams' got to stay for a few days, then headed back home with a stop in Aptos to visit other friends.



Cathy Coakley, the daughter of Peter Coakley of Valley Lodge, deserves special thanks from the Chamber of Commerce Serving Greater Carmel/Carmel Valley for coming to the rescue. Cathy drew the map that now hangs in the Visitors Information Center which was established earlier in the year by the Chamber.

A Pink Ribbon 'round The Old Oak Tree

The tiny little bundle of joy weighed only 4 lbs. 6 oz. when she was born but proud Mom now boasts "now she weighs 5 lbs. 2 oz." The growing little gal is Alexis Marie Ingram, who was born November 16, to Paul and Linda Ingram of Carmel Valley.

When Alexis was born, Dad an-

nounced her arrival by tying a pink sleeper to an old oak tree in front of their house. (Did he have a blue sleeper stashed away just in case?)

The newborn was eagerly greeted by grandparents William and Marge Ingram and Marie Tedrow.

Trivia Test

- 1) What is the official name for the Statue of Liberty?
- 2) What was the breed and name fo the first dog to be registered in the United States?
- 3) What was the nickname of Heavyweight Champion Ezzard Charles?
- 4) When was Yankee Doodle adopted as the official song of the State of Connecticut?
- 5) What was the site of the first Academy Award presentation?
- 6) Who was Lash La Rue's sidekick in his B Westerns?



The parents of these little tykes are selling the candy bars being shown off. The children are the 1983-84 Tularcitos Parent Coop Nursery School Class, and their parents are raising funds by selling the candy bars. The funds will be used to purchase additional equipment and supplies for the Nursery School.

FREE ENTERPRISE ...

You Can't Help But Notice It

You can't help but notice they're "Under New Management." There's a big sign that tells you so. Yes, the **Ice Cream Parlor** on Delfino is under the new management of **Lynn and Dan Neuenfeldt**.

The Neuenfeldt's brought all kinds of new ideas to the shop but Lynn says, "it's still a family place where parents can come in with their kids." The video games have not disappeared either. They've just been sectioned off from the restaurant.

Part of the changes include new hours. **The Ice Cream Parlor** is now open at 6 A.M. and will be serving breakfast made from Carmel Valley eggs, home fries and fresh meats. "Everything is local and fresh," said Lynn.

The lunch menu is also new. It's still the family hamburger type menu but Lynn says, "were trying to keep things home made but simple and good."

Other changes are in closing hours. On weekdays the Ice Cream Parlor will close at 7 P.M. but will stay open till 9 P.M. on weekends.

The Neuenfeldt's, who have lived in the Valley for over 19 years are leasing the shop from the owners.

A Delightful Children's Store

Welcome, to **Robin and Scott Luttenberger** and to their latest addition to the Barnyard Shopping Center **Tiny Togs**.

Tiny Togs is a grandmother's delight, where she can find all the beautiful and wonderful things she'd like to buy for her grandchildren. **Robin and Scott** are especially proud of the quality items they offer.

The shop features infants to 6x sizes. You can find appliqued things, European styles, Jordasche jeans, raggit fur jackets, hand-loomed sweaters with all kinds of heart, teddy bear, whale, tin soldier and rocking horse designs to choose from. (Just to mention a few.)

Tiny Togs will also be specializing in youth beds and will carry lots of other specialty gift items. One of Robin's particular favorites is the Silver Cross carriages imported from England.

The Luttenbergers moved to the peninsula from Huntington Beach in Southern California. Scott was previously in the retail business as manager of a Chess King store. They also owned their own pool company.

Robin and Scott fell in love with the area on a visit to the peninsula. They both wanted to open a children's store, and as luck would have it, they found their site at the Barnyard during their visit.

So, grandmothers, or moms, dads, anybody that wants something very special for a child, drop by and see **Robin and Scott** at **Tiny Togs**. Be forewarned though, you'll get hooked on their beautiful selections.

Cost Less Now Has More

Adding a VCR rental section is how managing partner **Bob Brooks** decided to expand his store, **Cost Less Liquors** in the Carmel Rancho Shopping Center.

The new section dubbed "**Movietime**," offers the latest in video films and has the VCR machines available to rent as well. A deposit on the rentals is required but there is no membership involved.

Bob opened "**Movietime**" in October and says he has "real good rates." The idea to combine the liquor store with a video rental came from the Salinas store which has been doing really well with the combination.

So, when you want to sit home, relax, sip some wine, and watch maybe a romantic movie, then stop in at "**Movietime**" at **Cost Less Liquors** and get everything you need at one time.

Experience And Background To Do The Job

If you care how the job turns out then you'll want to try **Larry Armstrong's Auto Glass and Auto Upholstery** business in the Village Center in Carmel Valley.

Larry takes pride in his work and refuses to turn out a slipshod job. "When I redo the seats," said Larry, "I go right to the bottom and redo the springs and everything to make sure the job is done right."

Larry specializes in auto custom work and says a lot of the autos he's done have appeared in car shows. He does insurance claims, and can do "most dashes on most autos" and also says he can fix "any" water leak.

The large supply of material **Larry** keeps in stock makes it easy for him to give quick service. He mentioned that most of the materials he has are original and he can do match-ups if you bring in a piece.

Even his auto glass service is quick. If he doesn't have what he needs for your window replacements he can usually get it within a day.

Larry, who previously worked for Rich's Upholstery in Seaside, brings 20 years of experience to his new shop and says "I never had a complaint on my work yet."

He will give free estimates but likes to work by appointment. And, if you need work done, you better call now because when we talked to him he was already booked solid for the next week.

Known Jewelry Designer To Appear In Mill Valley Exhibit

Carmel Valley goldsmith-silversmith **Richard Shea's** work will be on display in Merlin's Collection, Mill Valley, through January 3, 1984. Included in Mr. Shea's exhibit are gold and diamond rings, fresh water and cultured pearls, necklaces, earrings, napkin rings, letter openers, and a silver chalice.

Born in Owatonna, Minnesota, **Richard Shea** studied in art schools in St. Paul and Chicago. He moved to California in 1975, and met Douglas Steakley who influenced him to work in metal. He opened the Valley Studio in 1979 after he helped found "Silver Plus" a wholesale and retail business, and the Concept Studio, an association of metalsmiths. Shea's work has appeared throughout the United States in juried and one-man shows, and he is known as a designer in the jewelry industry.

Mr. Shea's studio is located in Carmel Valley Village on Carmel Valley Road at El Caminito.

The Solution

One of the men on the job spoke up: "I dug this hole where I was told to, and began to put the dirt back like I was supposed to. But all the dirt won't go back in. What'll I do?"

For a long while the foreman pondered the problem, then he said, "I have it!" Rubbing his chin and still calculating, he remarked, "There is only one thing to do. You'll have to dig the hole deeper."

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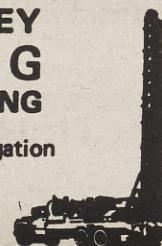


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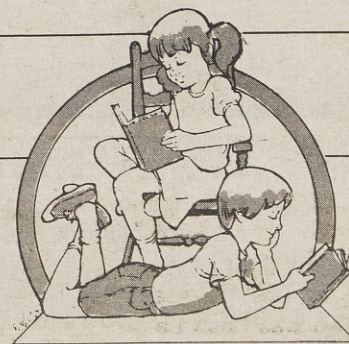
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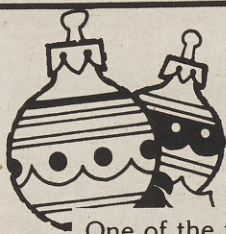
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**Alliance On Aging Establishes
Endowment Trust**

By unanimous vote the Alliance On Aging Board of Directors approved the establishment of an Endowment Trust for the not-for-profit agency and its programs. To build the trust fund the Alliance must rely on donations from individuals, groups, or businesses.

Money donated to the Trust Fund will be used exclusively for Alliance on Aging programs, which include the Friendly Visitor program, Information and Referral, Senior AIDES, the Nutrition project and the new Food Bank.

During 1983 over 9000 seniors were served by the Alliance projects:

— Friendly Visitors program logged 10,000 hours of visiting in homes and in convalescent hospitals and placed 273 visitors in homes and convalescent facilities where older persons are alone.

— Information and Referral fielded over 850 questions a month on public

benefits, insurance, and taxes.

— The Senior AIDES Helped 323 seniors find employment as Senior AIDES or in unsubsidized employment.

— The Nutrition Project served a total of 109,203 meals and added a new site at Prunedale making a total of 8 sites.

— The Monterey County Board of Supervisors named the Alliance on Aging as the new Food Bank agency. The Food Bank will distribute USDA surplus commodities (butter, cheese and some purchased food) to the unemployed and low income persons of all ages. Participants must be registered.

— 1200 Seniors have also been served weekly through the new Food Bag program which is open to all seniors regardless of income. There is a suggested voluntary donation of twenty-five cents.

**Planned Parenthood Announces New
Directors And Officers**

The Thirteenth Annual Meeting of Planned Parenthood of Monterey County (PPMC) was held November 2, at the Studio Theater in Carmel. More than 100 people attended the event.

Janine Robinette, 1983 President of Board of Directors reported that PPMC has just been reviewed by the Planned Parenthood Federation of America. The review team, which examines all aspects of services, gave PPMC a four year recertification, stating it was an outstanding affiliate of the 190 Planned Parenthood centers across the United States.

New directors and officers for 1984 were also announced. Anita Silver, Carmel Highlands, was elected as President of the Board effective January 1, 1984. Ms. Silver is a former elementary school principal and has two young children. She enjoys ballet-jazz dancing in her spare time. Other officers include Vice President Jim Bower of Pebble Beach; Treasurer Edwin J. (Ned) Thomas II of Carmel Valley, and Secretary Shirley Prussin of Big Sur.

Among the new directors are Billy DeBerry-Seaside; Phil Nash-Monterey; Sidney Kay, M.D.-Carmel Meadows; Vicki Rosenberg-San Ardo; Carol Leach-Salinas, and George White-Pebble Beach. Re-elected for another three year term were Ruth Kalmbach-Carmel, Virginia Macleod-Carmel, Chuck Magnuson-Salinas, and Janine Robinette-Monterey.

PPMC Executive Director, Rosann Wisman, reported that one out of every ten women of childbearing age in

Monterey County use PP services. She added that this year, PP will have 20,000 clinic visits by 8,000 patients which is a 38% increase over last year. She also reported 8,400 individuals participated in education programs sponsored by PPMC.

During the evening the first annual Dorothy Taugher Award was presented to Arnold Manor, M.D. Taugher, who was killed in an automobile accident, was one of the founding members of PPMC and was instrumental in obtaining the present headquarters in Monterey. The award is a tribute to her memory and is awarded to a person who "exemplifies Dorothy Taugher's commitment, spirit, and determination in assuring reproductive health care and preserving reproductive rights." Dr. Arnold was presented the award by Kathleen Murray, Dorothy Taugher's daughter.

Dr. Manor established the first obstetrical practice on the peninsula and has always had a strong interest in family planning. He took part in the first PPMC clinic in 1972 and participated as a PPMC physician until last year. With courage and dedication, he has worked hard toward the philosophy and goals of PPMC and has helped further the cause of reproductive rights.

Accepting the award, Dr. Manor said he was touched and honored to be associated with Dorothy Taugher and had a lot of respect for her good work.

The evening concluded with entertainment provided by the Twelfth Night Repertory Theatre.

New Regulations For Burn Season

"BURN SEASON" has been changed by the Monterey Bay Unified Air Pollution Control District.

Last year burning prunings, leaves and unwanted vegetation proved difficult with all the wet weather during the "Burn Season". The Air Pollution Control District has informed the local fire departments that "Burn Season" has now been changed to January 1 through May 31. It is hoped the new five month season will allow for more permissive days and will give homeowners more of an opportunity to burn unwanted debris left by late Spring storms. When burn season was December through March the four month period was seasonally wet making burning difficult.

Burning permits will be available at the local fire stations beginning January 1, 1984. Burn hours are restricted in some areas of the Valley to 8 A.M. to 12 Noon, in an attempt to control the quantity of smoke during burn days. Past experience has shown that the afternoon burning greatly increases the density of the smoke that tends to accumulate on the Valley floor. Applicable burn hours, along with fire safety regulations will be explained to the homeowner upon obtaining a permit.

If you have any questions regarding "Burn Season" regulations, you are encouraged to contact the Monterey Bay Unified Air Pollution Control District at 443-1135 in Salinas.

Planned Parenthood Study On Peer Educators Concluded

Planned Parenthood of Monterey County recently concluded a study to evaluate the effects of participation in the Peer Education program on the Peer Educators.

Students who participated as Peer Educators were effected in two important ways: Increased knowledge about human sexuality and increased communication with parents regarding sexual matters.

According to "Child Welfare", February 1982, students who communicate with their parents about sexual information and values: 1) experience less pre-marital intercourse; 2) have fewer partners; 3) delay intercourse to a later age and; 4) use contraception more effectively.

Planned Parenthood of Monterey County began development of its Peer

Education in 1977. By 1980, the program had been refined and implemented in eight Monterey County high schools. The objectives of the program are to: Provide high school students with information on human reproduction, birth control, pregnancy alternatives and community family planning resources. Also to help students clarify their own values and to provide them with skills for making decisions regarding sexual activity.

In this program students are selected at each high school to be trained as Peer Educators. After completing 30 hours of specialized training, the students present a structured 5 hour sex education program to other students in their school with supervision from school personnel.

Ballet Fantesque Will Be Performed December 9 And 10

The annual "Ballet Fantesque" performed by the Berkeley Ballet group, will be on December 9 and 10 at the Sunset Center.

Reserved seating for the perfor-

mances are \$7 and \$5, \$4 for children. The performances begin at 8 P.M.

For more information call 624-3996.

Handmade Items Offered At Childrens Craft Fair In Salinas

Over 50 craft booths will be set up at the Seventeenth Annual Circle for Childrens Craft Fair at the Community Center Sherwood Hall in Salinas.

The two day event will run 9 A.M. to

5 P.M. on December 19, and 11 A.M. to 5 P.M. on December 20. The offerings include handmade items.

Proceeds benefit the physically and mentally handicapped.

Give an original for Christmas! Watercolor SALE now 'til Christmas at my home

Landscapes of peninsula scenes, and others. Sizes 10x14 to 18x24. Priced \$30 to 70 matted. Will frame for Christmas if purchased by Dec 15. Call 659-4226 or just drop by most any time.

Ron Bean 175 LA VENTANA block west of Robles Lodge 659-4226



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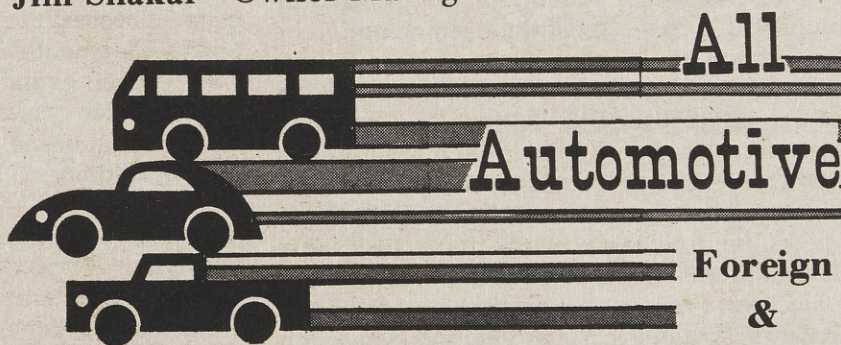
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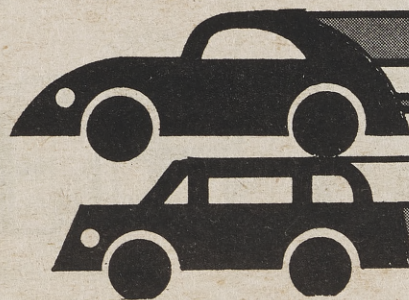
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A LA CARTE:

by Geraldine Gatehouse and Dan Peterson
Courtesy of the Wine Source

Food And Fermentations

Having just returned from a trip to the wine country, and with a view to buying wine for yourselves or as gifts for Christmas, this month's column will be concentrating on food and fermentations from that region.

Restaurant Matisse is a small restaurant which is easy to miss unless you know where you're going! The ten tables have each place setting decorated with a single, tiny flower, and the overall decor is simple and attractive. The menu, which changes daily, features some unusual dishes.

For a first course, we had a choice of cream of watercress soup; duck liver pate; two salads — watercress, pear and Santa Rosa goat cheese with raspberry vinaigrette, and a redleaf, romaine and parsley, with blue cheese vinaigrette; and last, but not least, spaghetti with prosciutto, peppers and cream. This list will give you an idea of the very different dishes they serve. We had the soup which needed an additional soupcon of salt for my taste but otherwise was delicious, and the spaghetti which was excellent. The blend of flavours, with a touch of garlic, was very subtle, and the meal itself looked very appealing with its mixture of red and green peppers in a cream parmesan sauce.

There are generally 7 or 8 choices for the second course; we could have had sea bass fillet grilled over mesquite with a chive, parsley and lemon butter, or grilled salmon trout with dill and caper butter, or...sorry, I'm getting carried away. No more lists. We chose the calves liver with onions, in a balsamic vinegar sauce. It was very good indeed. The liver was cooked to order and almost melted in the mouth; the sauce was milder than one would have expected and enhanced the true taste of the fresh liver. Our waitress, who was friendly and efficient, told us the liver was fresh that day — it certainly tasted like it. The roast rack of lamb in a tasty Cabernet Sauvignon sauce, was also delicious. Served with fresh carrots and potatoes, it was tender and full of flavor.

The dessert menu was a chocoholics dream, including as it did a two-chocolate bombe, chocolate mousse and almond chocolate torte. Other diners were enthusiastically demolishing these hedonistic sweets with no problem at all. However, at that point, we declared ourselves defeated and so you'll just have to let us know what they were like when you eat there yourselves!

The base price for dinners, including a first and second course, is \$12.50, with a small supplement for a few of the items. The wine list is comprehensive with at least forty wines and five champagnes to choose from. Eight wines and one champagne are also offered by the glass.

Restaurant Matisse is at 620 Fifth Street in Santa Rosa. Reservations are advised. Call 707-527-9797.

'83 Whitehall Lane Blanc de Pinot Noir (\$5.50) We tasted this wine from the 2500 gallon stainless steel fermentation tank the day before it was bottled. A rose with a slight tea-rose blush color; a hint of spritz on the tongue, this wine is very fruity and just slightly sweet on the finish. Good for sipping or could accompany turkey dishes for the holidays. Highly recommended at \$5.50. If you have discovered and like White Zinfandels, then this may be your style of wine.

Landmark Vineyards has two superb Chardonnays on the market, both are made in the same style of butterscotch toast and vanilla flavors. '81 Alexander Valley Chardonnay (\$10.00) Pale gold color, slightly floral nose, not acidic, with a lingering taste of butter on the finish. '81 Sonoma County (\$9.00) More fruit in the nose, similar first impression of butter and oil. Slightly acid for citrus overtones, totally dry but with a hint of sweetness on the tongue. Lingering finish with suggestion of grapefruit.

'81 Shown & Sons Zinfandel (\$10.00) "A classic claret" according to owner and winemaker Richard Shown. A smooth Zinfandel, ready to drink now. Tastes of berries and plums, lingering finish as if you had just eaten raspberries. If your idea of Christmas dinner is a prime rib, this would be an ideal accompaniment.

'80 Landmark Vineyards "Estate Bottled" Cabernet Sauvignon (\$8.50) Bright plum color, spicy berry nose. This wine spent a year in French oak and is not a blockbuster Cabernet that requires years in the cellar to be enjoyable. Plenty of rich fruit flavors on the tongue, but with tannins to last. If you are lucky enough to get a case of this wine for Christmas, drink some and cellar some — you will be happy with either choice.

Our "cheap and cheerful" wine buy of the month is Carneros Creek Red Table Wine. At \$3.99 a bottle it has some complexity, and is very drinkable at the price.

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COMPUTER WORDS

by
Cary W. Browne

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A Focus On Software

Well folks, here we are again. Happy holidays to you all. This is the last piece for the year so let's all make some well thought resolutions for next year.

I'd like to start this month with a special notice to anyone interested in a special seminar type computer education program for the community. I've recieved some feedback from readers about filling such a need and would like to be able to accomodate. However, to do so, I will first need to know how many are interested in joining us in this effort. The cost (yet to be determined), will be reasonable, as will the hours. I am anticipating a once-a-week gathering, most likely in the evening.

If you have an interest, please drop me a card with your 1)NAME, 2) PHONE NUMBER, 3) EVENING AVAILABILITY, and 4) YOUR LEVEL OF COMPUTER USAGE or EXPERTISE. If you are interested but uncertain, please feel free to call and discuss the idea with me.

Now lets focus on SOFTWARE. What? Well, software is mainly considered to be the programs that you tell your machine to run for some specific task. HARDWARE corresponds to nuts, bolts, circuit boards, etc—the machine itself. SOFTWARE is something you can get when you buy a machine but is not really a part of the HARDWARE.

When someone needs to figure out how they might decide upon a computer, I would suggest that they consider software to be the most important part of the "system" they buy. Although the "central processing unit" (CPU) is the real brain of the machine, software corresponds to the language that brain will use to communicate with the user (you). Unfortunately for us (sometimes fortunately), the computer's powers of reasoning are very rigid and involve little ability to adapt to a different user every time a specific program is run.

There are in existence publications that index software categories and then call out the particular

machines that the application will run on. No, it isn't true that any program will work on any machine. Most commonly, the opposite.

Again, if you decide you have a need for the help of a computer, I would reccomend that you find more than one available program and find out what machines they will run on. Then find out what other programs are available on those machines so that you might not get stuck in the future — I must be honest, even though it's my business, custom software is expensive.

For those who are into evaluating software, they should understand that a well written program is very easily understood and has a well thought out method for informing the user that he has made a data entry error (this is called "error checking"). The instructions that make up the program should be as brief and to the point as possible. Fancy gyrations only lead to confusion, and can cause data entry errors.

So when buying your software, please check for these important items:

- 1) Clear instructions presented by the computer when running, and by the software instructions (good documentation is important!),
- 2) Error checking at places where you enter data,
- 3) All printouts from the program are sufficient for all your needs, and,
- 4) The software will run on your machine under the operating system you use with your computer (the operating system is the main set of instructions you use when you first start up your computer).

Thanks Again, and
HAPPY HOLIDAYS TO YOU ALL...CB.

P.S. Please drive carefully....!

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Review BOOKS FOR OUR TIMES

by
A Prescott Childs



Invisible Men Life in Baseball's Negro Leagues by Don Rogisin —
Atheneum — \$14.95

Black Baseball

They drank from certain water fountains, not from others...they could use only certain toilets, when there were any to use...they slept by the side of the road, or in "hotels" where they had to keep the lights on all night to discourage the bed bugs...they travelled thousands of dusty miles in broken down cars and buses, with wooden benches for sleeping...they played three and sometimes four games a day, then rode hundreds of miles to play another three or four games.

Who were they? They were some of the most spectacular baseball talents America has ever produced. They were

Satchell Paige, Smokey Joe Williams, Rube Foster, Buck Leonard, Cool Papa Bell, Josh Bigson, Bullet Rogan, Oscar Charleston, and some two-hundred others.

In the words of author Donn Rogisin, they were "a small group of black men, gifted with remarkable skills...scuffling to make a living playing the game that they loved...symbols of competence and achievement for all black people. Because they provided joy and excitement in their often dramatic quest for victories and Negro league pennants, they enriched life in black America. When their baseball

victories came against white opponents they undermined segregation itself."

And their victories over white major-league opponents were not inconsequential. They won over 60 percent of their encounters with white major-league teams. Though the white major leagues pretended that the black leagues did not exist, black baseball produced Willie Mays, Jackie Robinson, Hank Aaron, Monte Irvin, Roy Campanella, Don Newcombe, Elston Howard, Ernie Banks, and dozens of others as good or better.

Almost every important white pitcher in the first half of the twentieth century lost a game to a Negro team. The losers included Rube Waddell, Walter Johnson, Lefty Grove, Grover Cleveland Alexander, Dizzy Dean, Bob Lemon, and Bob Feller. As Birdie Tebbetts put it, "We were in awe of Satchel Paige."

Rogisin spent five years talking to every surviving Negro league player, to owners, managers and backers. The book is a treasury of anecdotes recounting the incredible exploits of these "invisible men," and their equally incredible stoicism, gaiety, and

courage.

We see Satchell, when insulted by Frank Demaree of the Chicago Cubs: "...Paige let his pitching do the talking. He deliberately loaded the bases. Then he called in his outfield, and ordered all his infielders to sit down. Then, he struck out Demaree on three pitches."

We see Cool Papa Bell, so fast on the bases that in one game he hit three infield homers, beating them out. We see Oscar Charleston, "possibly the best baseball player who ever lived," playing all nine positions. We see Pepper Bassett catching from a rocking chair. We see Ted Radcliffe catch Satchel Paige in an easy 4-0 victory over the Black Yankees, then in a second game go out and pitch, winning 5-0.

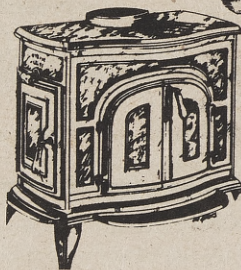
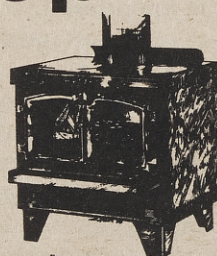
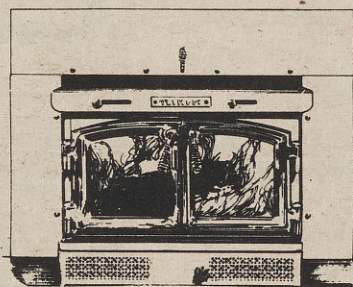
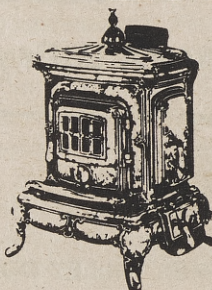
We also see the cafe owner in Alabama, who had refused to sell anything to the Newark Eagles, but let them drink from her well, breaking the drinking gourd into little pieces as they drove off.

We see segregation as the blacks experienced it, its petty humiliations, and its horrors. And we see the vital, perhaps prime role of black ballplayers in bringing it down.



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POOL AND SPA REPAIR

By Locksin Thompson



If your spa, pool or hot tub has been installed with a permit, you have no worries on this subject (except to check it!)

If you have a portable or a vessel without a permit: I) Check to see if there is a G.F.I. outlet between 10 feet and 15 feet of the vessel. II) See if all the 110 volt electrical equipment is bonded and on a G.F.I.

If you can't tell, call us and we'll check it for free.

If you have it, test it every 3 months to make sure that it is working. There is a yellow button that says "test".

Happy Tubbing
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'Twas The Night Before Christmas

'Twas the night before Christmas
when all through the house,
Not a creature was stirring,
not even a mouse

When down through the chimney,
all covered with soot,
Came the "Spirit of Fire",
the ugly galoot.

His eyes glowed like embers;
his features were stern,
As he looked all around
for something to burn.

What he saw made him grumble,
his anger grew higher,
For there wasn't a thing that would
start a good fire.

No doors had been blocked
by the big Christmas tree,
It stood in the corner
leaving passageways free.

The light that glowed brightly
for Betty and Tim
Had been hung with precaution
so none touched a limb.

All wiring was new,
not a break could be seen,
And wet sand at its base
kept the tree nice and green.

The tree had been trimmed
by a mother insistent
That the ornaments used
must be fire resistant.

And mother had known
the things to avoid,
Like cotton and paper
and plain celluloid.

Rock wood, metal icicles,
trinkets of glass,
Gave life to the tree;
it really had class.

And would you believe it,
right next to the tree,
Was a suitable box
for containing debris.

A place to throw wrappings
of paper and string
From all of the gifts
that old Santa might bring.

The ugly galoot
was so sad he could bust,
As he climbed up the chimney
in utter disgust.

For the folks in this home
had paid close attention
To all of the rules
of good Fire Prevention.

Reprinted from University of Maryland Fire Service Extension Bulletin 12/20/63

Season's Greetings. From one heart to another.

During this joyous season,
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happiest and healthiest of
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nity service programs. And we're
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But more needs to be done.

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New York Times Crossword Puzzle

Edited by EUGENE T. MALESKA

ANSWERS
ON
PAGE 32

ACROSS

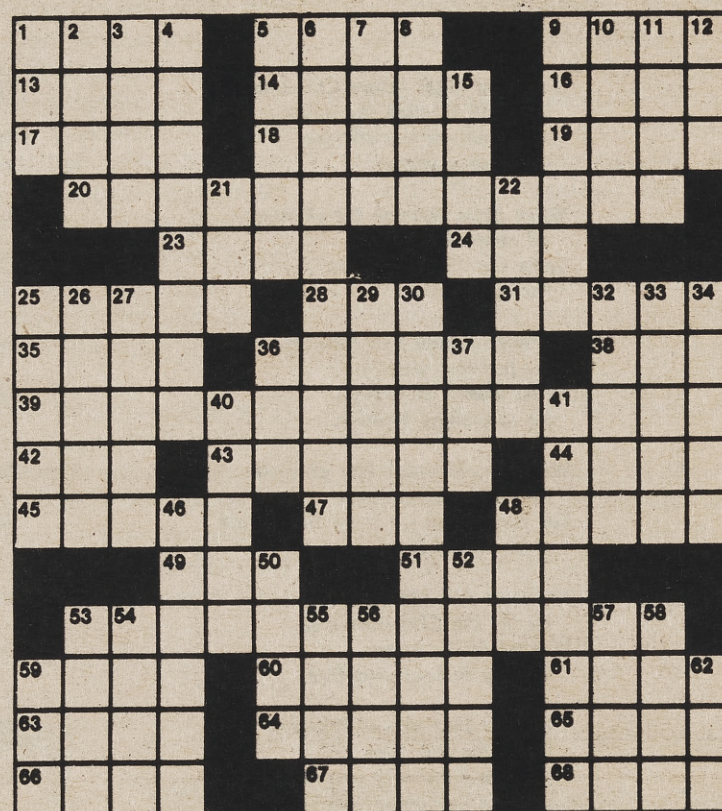
- 1 A symbol of distinction
5 Summer drinks
9 Movie or TV program
13 New Zealander
14 "Man — dog!"
16 King of Norway
17 Legendary Greek hero
18 Sidestep
19 Rodomontade
20 Riviera relative?
23 Ham's word
24 "— Meister-singer"
25 ——— decisis (legal principle)
28 Prepared for mil. inspection
31 Miles from England
35 Water buffalo
36 Deficit
38 Tokyo of old

- 39 High-kicker's question on the Riviera?
42 XXXIV x III
43 Millay's "Aria —"
44 Kind of dollar
45 "— — — face the world with": Browning
47 Inner: Comb. form
48 Organic compound
49 Nigerian native
51 Ice melter
53 Another Riviera relative?
59 Bossy's milieu
60 Berate
61 Score for Trotter
63 "— homo!"
64 A Jackson Sec. of War
65 Caved in
66 Three-handed card game
67 Like a prestidigitator
68 Cancel a dele

DOWN

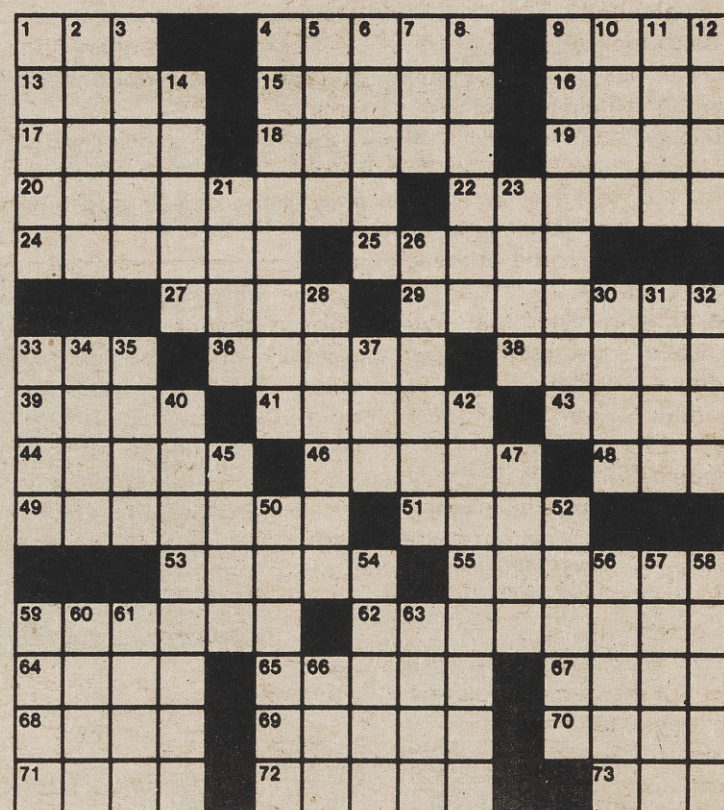
- 1 Hit the slopes
2 Amonasro's daughter
3 Kind of song
4 Like July 4, 1776
5 ——— in the woods
6 A branching off
7 Riviera summers
8 Evening in Empoli
9 "And is there honey still —?": Brooke
10 Turkish regiment
11 Lion's "neckpiece"
12 Triton
15 Secretariat's post-racing role
21 "— got sixpence"
22 British Columbia group

- 25 Prisoner of 1920
26 Do roadwork
27 "Tomorrow" girl
29 Brainstorms
30 Threw away
32 Shorten again
33 Antarctic cape
34 Fete
36 A nucleic acid: Abbr.
37 Sgt. or cpl.
40 Pueblo brick
41 Some bank accounts
46 Slate
48 A descendant of Aaron
50 Story opener
52 Concerning
53 Name for Santa
54 Peruvian of yore
55 "If — a hammer..."
56 Call to court
57 Whitewash
58 Roof part
59 Thing, in law
62 Rent



2 Puzzle Buffs Bonus

Santa's Elves dropped off an extra puzzle this month for all you crossword puzzle buffs. Enjoy! Merry Chirstmas.



ACROSS

- 1 Diamond's "— Believer"
4 Chambers
9 Plug
13 Peregrinate
15 Pacify
16 Annul
17 Latin lover's verb form
18 Milton's "Regent of the Sun"
19 Feature
20 Turncoat
22 Vote no
24 ——— Man
25 Marginalia
27 Coward
29 Nuclide
33 Stetson, e.g.
36 Quaver
38 Katmandu locale
39 Seed part
41 Scoff
43 Sequences
44 "— — — good will"
46 Auriculate
48 Diocese
49 Australian tramp's bundle
51 Phase
53 River ducks

- 55 E. B. Browning's "— Leigh"
59 Broadcast
62 Starry-eyed
64 Fraud
65 Volte-face
67 Red dwarf, e.g.
68 Cutting tool
69 Ecu
70 Himalayan bugbear
71 Do garden work
72 Over
73 Geiger relative

DOWN

- 1 Arabic dialect
2 Greek god of mockery
3 Use
4 Subsurface sources of water
5 Rotate
6 Rule
7 O'Neill play
8 Metes out
9 Wit
10 Golden-rule word
11 Fish or dates
12 Fuller's geodesic —
14 Where Krupp cleaned up

- 21 Sack
23 Spanish esne
26 Cowboys' rivals
28 One-dimensional
30 ——— tessellatum (mosaic)
31 Sheet of sorts
32 Threat word
33 Ruhr city
34 Precinct
35 Shade
37 "The — — Rig," Burns poem
40 Hung around
42 Hired
45 Moved fast
47 Pas de — (ballet figure)
50 Inspiration for a Strauss
52 Vapid
54 Cuttlefish's relative
56 Lustrous fur
57 Cowboy's cow-catcher
58 Corrosive
59 Deli item
60 Rip or flood
61 Level
63 Prompt
66 Blake
Edwards film: 1979

People Are Reading



News from the Carmel Valley Library

Now Available:

1. *The British Cross* — Bill Granger
The "November Man" returns in this new thriller by the author of *Schism and the Shattered Eye*.
2. *The Anatomy Lesson* — Philip Roth
In this final volume of the "Zuckerman trilogy", Nathan Zuckerman attempts to find a new career and a second life after being dominated by a mysterious illness.
3. *O, How the Wheel Becomes It* — Anthony Powell
A biting but very funny portrait of the people — academics, critics, media personalities — whose judgements shape modern tastes and opinions.
4. *In Search Of Our Mothers' Gardens* — Alice Walker
First collection of Alice Walker's non-fiction.

5. *The Gates of Midnight* — Jessica Stirling
Third and final volume in the chronicles of Holly Beckman and her family.
6. *Missionary Stew* — Ross Thomas
Outrageous, fast-paced spy novel by the author of *Chinaman's Chance*, *Money Harvest*, and many others.
7. *Wicked Day* — Mary Stewart
The gripping story of Mordred, son of King Arthur.
8. *Time of the Hunter's Moon* — Victoria Holt
Thrilling new historical romance set in nineteenth century England.
9. *Pet Sematary* — Stephen King
A nightmare of the supernatural by the modern master of horror.
10. *Race for the Golden Tide* — The Gordons
The Gordons' new novel of high adventure and intrigue focuses on the struggle between the great powers to be the first to mine the wealth of the ocean floor.
11. *The Steps of the Sun* — Walter S. Tevis
A novel of America in the twenty-first century by the author of *The Man Who Fell to Earth*.
12. *Hidden Fortunes* — Albert Loury
How to profit from the new opportunities of the 80's.

Advance Notice:

We would welcome your requests for the following forthcoming titles:

1. *The Penitent* — Isaac B. Singer
2. *Vanessa Bell; A Bloomsbury Portrait* — Frances Spalding

STATE OF THE MIND

by
Karen Hughes

Last issue we looked at how the concepts of dependency, control and the ability to set and keep limits distinguishes the user of drugs from the abuser or alcoholic. This issue I would like us to look at some of the psychological issues and behavioral symptoms that may help us to understand the abuser, their struggle and aide us in being more effective in helping them and ourselves.

Many abusers of alcohol or drugs may be experiencing some of these psychological conflicts:

— **Low Self Esteem:** They may feel inadequate, have a poor self image, little confidence in their ability to succeed, make negative self statements, and feel worthless.

— **Poor Impulse Control:** They may have difficulty controlling a wide range of impulses in behaviors, with money and with alcohol or drugs. They often lack the discipline to control urges in many areas of their lives.

— **Destructive Patterns:** They may have a pattern of making choices and behaving in ways that end up being harmful or destructive to themselves (ie. many car accidents, continually finding themselves in unhealthy relationships, finding themselves continually in jobs or situations that make them unhappy, undermining plans or goals that could have led them to success.)

— **Moodiness:** There may be extremes of mood as in extreme levels of anger or depression, fast mood swings, reactions that are inappropriate to the situation.

— **Poor Coping Skills:** Difficulty coping with stress, emotions and possibly change.

Some more specific behaviors you may notice might be a drop in job performance or grades, switching friends, defiance of rules or structure, becoming more secretive, loss of initiative, withdrawing from family functions, a change in physical hygiene, weight changes, becoming defensive when confronted, and increase in manipulating and bargaining, a change in reliability, and many more.

Everyone is different, some people will have many of these psychological issues and exhibit many of these behaviors and some individuals may not. But, more often than not, when alcohol or drugs are being abused you may see some of these symptoms, and you probably will see these changes before the abuser themselves will see and admit to them.

Next issue I will look at the effects on the family and other relationships of the abuser and some tips on how to cope with and help the situation.

Karen Hughes, M.F.C.C.



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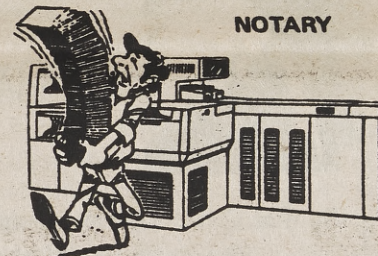
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What The Holidays Mean To A Sharpener

With the holidays upon us each of us have different impressions of this time of year. I thought you might be interested to know what this time of year means to a sharpener.

The holidays mean big meals, and almost without fail, the day before Thanksgiving, the sharpener will be swamped with people wanting to have their knives (which have been neglected since last Thanksgiving) sharpened and ready for them immediately.

The holidays mean people dusting the cobwebs off the chainsaw to cut the winter's supply of wood. To the sharpener it means chains, chains, and more chains. It also means answering questions about the mechanics of chainsaws and trying to solve problems that come up. Along with the chainsaws the holidays also bring an influx of axes, wedges, and splitting mauls.

The cooler weather around the holidays means that the sharpener can

expect an increase in clipper blades. The cooler weather causes the horses' coat to lengthen, and the horse people drag out the clippers to beautify the animals for the horse shows.

The holidays can mean inclement weather and that brings out the handyman to repair, fix or build something in the house, or garage that has been neglected during the good weather. To the sharpener it means dull circular saw blades that have been overlooked; It means handsaws that were used during the summer to saw nails; It means chisels that were used for scrapers; And, it means they're all needed immediately.

Inclement weather also brings out the seamstress in the household. To the sharpener this means pinking shears, and scissors — again, needed immediately.

Basically, to the sharpener the holidays are business as usual, and then some!

Have a safe and happy holiday!



Pat Quinn's Wildlife

By Pat Quinn, Director, George Whittell Wildlife
Rescue Center, Monterey SPCA

Unfortunately, Pat Quinn has been inundated with injured pelicans so she did not have time to share any "wildlife" experiences with us this month. However, after her ordeal with the pelicans, she will probably have a lot to write about in the future. We'll look for her again next month.



Warmest Holiday Wishes

to

Our Readers,
Advertisers, Columnists
and Friends

Hope your holidays
are the BEST ever!

Carmel Valley Sun



Mid-Life Living

Much has been written about mid-life crisis which I prefer to call mid-life living. Whatever its called, it is an opportunity to take the time to evaluate and change, if that is indicated.

I'm aware of this because I just quit my work as a teacher which I chose to do rather than to continue in a "good" job which wasn't right for me. The need change was evident as I prepared for work. The joy that I had felt during previous work experiences was not there. As I became more aware of these feelings, I realized that I shouldn't accept less than the best from myself. Sometimes I get by on my good looks rather than the quality of my work; it is then

that I become dissatisfied.

I was expressing my concern to my son, now a man, that I did not know what I wanted to be when I grew up. "Mother. You've been a teacher for twenty years. You're entitled to a mid-life crisis. Now you can find out what you want to do now," he said.

I also felt the support of my husband over my decision. The evening of my last day on the job he brought home flowers and champagne. "Changes need to be celebrated," he said as he proposed a toast to my undecided future.

It is not easy for me to change my way of life because part of my identity was related to what I did. But, right now, I'm enjoying a sense of freedom. I feel wide and know that some work which is in accordance with my nature will come my way. It always has. A space that was occupied is now open. I wonder how it will be filled?



Notes From The Bookworm

by Mary L. Berta

Mrs. Berta has a Masters Degree in Education from the Monterey Institute and is a bilingual specialist.

Maximizing Learning Experiences

Many of you already spend time listening to and conversing with your child. In addition, you find the time to read and discuss well-selected books. Another way to maximize your child's early learning experiences is to become involved in your child's television viewing.

The kind of programs chosen will determine whether the 15,000 hours spent at the TV by most children before graduating from high school has interfered with or enhanced their growth. Children's experiences with the real world are not as broad as ours, therefore they have difficulty in distinguishing what is real from what is make-believe. This causes confusion. Experts and parents also fear that some TV programs may foster negative attitudes toward women and minorities. Extensive research has confirmed the relationship between violence on TV and the violence in our schools and society. A good rule is to permit your child to see on TV only what you'd want him/her to see in actuality.

Do the programs that enter your home on the TV reflect your values? Do you, as parents guide and control viewing, or does the TV "baby-sit" your child? Do the programs excite, disturb, or confuse the child? Aid your child in searching out good programs, especially those that will stimulate questions and the desire to know more. TV can be a very passive ac-

tivity, devoid of creativity and a deterrent to family communication. On the other hand, it can be active if you "tune in" to your child's viewing. Watch the programs with your child and use them as a spur to research, as a stimulus to critical thinking, or as an incentive to read and discuss.

Talk to your child about the programs. Ask their opinions. Encourage questions. Express your own likes and dislikes. Talk about issues presented on programs. Discuss how real and make-believe differ; how the TV characters are like or unlike people you know; how violence can hurt people.

PLAN: Wise parents let the child have a voice in setting up rules for TV viewing. This would include times for meals, bed, and other responsibilities and would allow some flexibility in order to schedule special programs. Decide which kinds of programs they may watch and how often. Explain gently but firmly why some programs are inappropriate. Allow time for the child to be a "doer", creative things, playing outdoors, singing, dancing, painting and above all, reading.

FOLLOW-UP TV viewing with active experiences such as the following:

Child tells a story about a favorite program. You write it and the child illustrates it. Read aloud any book that will further interest or add to information presented. Some books "tie-in" to a program, for example, a book on "Star Wars". Play games, such as: Describe a TV character and child can guess who

it is. Think of programs or characters that begin with different letters. Imagine what a character would do on a different program.

Monterey County Office of Education makes available Channel 54 (KTEH) from San Jose on its own Channel 11. When Channel 11 is not on the air, it's 54. This channel has a variety of educational programs for children. These offerings entertain and build skills in Science, Math, Literature, Singing, Drama, Art, etc. for various age levels. Other programs include that of Public Information Officer Judy Whitmarsh's "County Schools Report", which is about programs in our schools; public service programs; talk shows about local issues; college by TV by Monterey Peninsula College; city council meetings; the weekly "Monterey County Crossroads" which has one segment on education and one on local people. The "Monterey County Crossroads" won a national award for the best weekly series from the National Institute for Low-Power TV.

TV can be a good influence when it enriches children's knowledge and interests by showing them different people, places and things; by increasing their skills in reading, spelling, math and in seeking solutions for problems; by fostering healthy attitudes toward themselves and others; and by fostering positive behaviors.

If you have any questions or suggestions for future topics, please let me know. I aid children to succeed in reading and math. Call me at 659-2305.

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CARMEL VALLEY NATURAL FOOD NEWS



Multiple Interactions

Bonnie, Blair and I would like to wish you and yours a happy, healthy holiday season. Have a very Merry Christmas and a wonderful New Year ahead.

Also, Congratulations to Gina Hurley. She was the lucky winner of a 12 pound organic turkey by Shelton Farms. Hope you and your family enjoyed it Gina!!

Wendy

This month I'd like to present a few excerpts from Dr. Michael Colgan's book **Your Personal Vitamin Profile**. Dr. Colgan is Director of the Colgan Institute of Nutritional Science in San Diego, Ca.

A particularly important and often overlooked fact of nutritional biochemistry is that nutrients operate by multiple interactions. Prior to 1970 many experiments were done with single vitamins and minerals in vitro (in the test tube) on which recommendations were made for human nutrition. Now, we know there is never a deficiency of just one vitamin or mineral. There is never any vitamin or mineral activity by itself. The multiple interactions of these essential substances is the basis of their biological function.

This is confirmed by the following excerpt:

Controversy is rife over the use of vitamins, mainly because scientists have relied on evidence from single-nutrient studies. Many single-nutrient studies have failed to show effects because complementary nutrients were not sufficiently available in the diet. Single-nutrient studies on humans *never* give single-nutrient results. Vitamin C to stop colds, for example, depends as much on other nutrients in the diet as on the supplemental Vitamin C. If the diet is deficient in nutrients which interact with Vitamin C in promoting resistance to colds, it is impossible for the body to use the C supplement. The *minimum* of supplementary nutrients required are adequate B₆ (pyridoxine), B₁₂ (cobalamin), zinc, folic acid and choline.

Such interdependent interactions as that between calcium and Vitamin D have been known for a long time. But we have established only recently that *every nutrient and essential element operates by multiple interactions*. For example, a deficiency of Vitamin A, apart from its well-known effects on the skin and eyes leads to abnormal metabolism of iron, resulting in anemia. Vitamin A deficiency also reduces calcium metabolism, resulting in poor bone growth. Moreover, a Vitamin A deficiency can occur even when the diet is adequately supplying the nutrient; Vitamin A becomes deficient in the tissue as a result of dietary deficiency of zinc, one of the minerals on which Vitamin A is dependent for its proper utilization by the body. Alcoholics frequently have low serum A and resultant night blindness.

Often they cannot be helped by the use of Vitamin A supplements alone, but addition of zinc normalizes both serum A and night vision.

Take one more example of multiple interactions. Pellagra used to be thought of as simply a B₃-deficiency disease. You need less than 20 mg of B₃ a day to prevent "the 3D syndrome" of pellagra: diarrhea, dermatitis, dementia. But we know that the clinical symptoms which occur long before obvious pellagra are caused by multiple vitamin deficiencies. In the early 1970's when we began this work, children were often referred to our clinics for "psychosomatic" disorders. Some of them showed gastrointestinal disturbances, loss of appetite and intermittent diarrhea, and the "beef-red, shiny tongue syndrome" characteristic of incipient pellagra. The symptoms did not seem to get worse with time. Nor did they respond to a B₃ supplement. So, initially we thought we were wrong, and pellagra was not involv-

ed. We quickly learned better. Now, we know that well before the pellagra appears, B₂, B₆ and the amino acid tryptophan are also likely to be deficient, in addition to B₃. In turn, these deficiencies affect other nutrients. B₂ deficiency impairs B₁₂ metabolism, threatening to cause anemia. B₆ deficiency impairs C metabolism, which in turn impairs folic-acid metabolism. The resultant depletion of the body's Vitamin C impairs iron absorption. Impaired iron absorption, combined with low dietary iron, encourages excessive copper absorption, which in turn interferes with zinc metabolism, creating a danger of jaundice. Excess copper also affects nickel metabolism, which further affects iron metabolism, and on and on and on. In the case of the nutritionally deficient children brought to our clinic, nothing short of a complete vitamin and mineral supplement which permitted all these essential interactions to occur normally sufficed to bring these youngsters back to good health.

Long ago we abandoned any use of the classical vitamin-deficiency syndromes and their traditional treatment. Yet the RDAs are still based upon these outmoded concepts. Now, when medical science knows of the thousands of multiple, interdependent interactions of nutrients and mineral elements that are essential to good health citing the RDAs as a basis for human nutrition is absurd. It is the medical focus on disease rather than on prevention that has kept us in this muddle. When we focus instead on prevention, the need for a complete and balanced blend of all essential nutrients immediately becomes apparent.

Enjoy the holidays in good health

Blair

The recipe this month is brought to you by the famous "Moosewood Cookbook" by Mollie Katzen.

Cranapple-Walnut Cake

one 9 x 13" cake

very moist

45-50 minutes to bake
350° oven

You can make this cake with brown sugar or with honey.

- 1 3/4 cups light brown sugar or
- 1 cup honey plus 2 Tbs. orange juice concentrate
- 1/2 cup vegetable oil
- 2 cups flour (you can use 1/2 whole wheat pastry flour)
- 1 tsp. baking soda
- 1 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1 tsp salt
- 2 eggs
- 1 tsp. vanilla
- 2 cups sliced cooking apples
- 1/2 cup walnut pieces
- 1/2 lb. fresh, whole, raw cranberries

(If you use honey, whip it first at high speed, for about 10 minutes, or until it turns white and opaque.) Cream together oil and sugar (or, whipped honey plus orange juice concentrate.) Add eggs and vanilla, and beat well. Sift together the flour and dry ingredients. Add to the first mixture and stir until thoroughly combined. Stir in apples, cranberries and nuts.

Bake in a well-greased 9 x 13" pan, 45-50 minutes at 350°.

DECEMBERS HEALTH TIP

Congratulations to Chris Jelleson. Chris received the \$20 gift certificate for sharing with us his secrets for feeling good and staying healthy. Thanks Chris. Come on in and try your luck. You'll feel better for it.



THE TIP: Stay away from sweets and exercise every day. Cut down on fructose, sugar, and dairy products. Eat natural products and try some microbiotic products. Try not to freeze things and stay away from preservatives. Don't eat any salt.

HAPPY HOLIDAYS FROM MID CARMEL VALLEY FIRE DEPARTMENT!

On Friday, December 2, the Christmas tree high on Saddle Mountain above Schulte Road will be lit for the holiday season. The annual Tree Lighting Ceremony will be at 7 P.M. at the Mid Carmel Valley Fire Station.

Mr. Milt Frumpkin, a long time resident of Saddle Mountain will be the guest of honor and will light the tree by throwing the switch at the fire station. Mr. and Mrs. Frumpkin began the 50 foot Christmas tree in 1963 when they, along with friends and neighbors, collected money to purchase the lights and wiring. They constructed an intricate pully system so the light bulbs could be changed.

The tree was turned over to the Mid Carmel Valley Fire Department Volunteers in 1976 as a community project. The volunteers continue its tradition with pride and invite everyone to celebrate the 20th anniversary of the tree at the Tree Lighting Ceremony. Refreshments will be served.

MID VALLEY FIRE DEPARTMENT HAS GIFT IDEAS

Christmas shopping at the Fire Station? Yes! Yes! Yes!

Make 1984 a BURN FREE YEAR! With gifts from the Fire Department.

Every 17 seconds someone in America is burned. Every 45 minutes someone will die from these burns and thousands more will be left severely disfigured. A very large percent of these burn injuries and deaths are caused by careless accidents. In an effort to combat these overwhelming statistics a 1984 Burn Prevention calendar was produced with the theme "Learn Not To Burn All Through The Year." The 12" x 15" color Children's art calendar is available for \$5 each. This is more than just a bargain! The children of All Saints Day School who participated in this project received valuable fire and burn prevention instruction. The people who use the calendar will receive a daily reminder of the need for fire and burn prevention. The proceeds from the calendar will go towards producing and distributing fire and burn prevention educational materials and programs for everyone, group or agency in Monterey County.

A limited number of calendars are available. They are an excellent gift idea for a friend. To purchase the calendar call or come by the Mid Carmel Valley Fire Station. Help combat these painful statistics and keep them out of your life.

Wake Up and Escape From Fire! Statistics show that three times in everyone's life a significant fire will occur. Statistics also show that 96% of the fire death and injuries occur in the home and 79% of these occur between the hours of 8 P.M. and 8 A.M. while we are asleep.

SMOKE DETECTORS are the single most effective device to combat loss of life and injury due to fire. A SMOKE DETECTOR, properly installed and maintained can wake you in time to allow a safe and orderly escape. The Mid Carmel Valley Fire Department campaign "Wake Up And Escape" includes: one smoke detector, one 9 volt battery, one owner's manual/directions, two screw mounts for installation and an informational brochure covering the three topics of an effective fire safety program for the home. These life saving packets are available for \$9.75. They are available gift wrapped and make an ideal gift. Nothing is more appropriate to give to a friend or loved one. They are available at the Fire Station also.

The 1984 Burn Prevention Calendar and the Smoke Detector Campaign are both non-profit public service programs offered by the Mid Carmel Valley Fire Protection District.



Christmas is a widely observed holiday on which neither the past nor the future is so much interest as the present. — F.G. Kernan

I sometimes think we expect too much of Christmas Day. We try to crowd into it the long arrears of kindness and humanity of the whole year. — David Grayson

WHERE THERE'S SMOKE . . .

BY: Fire Dept. Staff

Heating With Wood

Heating with wood is the original way to keep warm. Through the centuries it has been refined and improved. Today, modern, high-quality wood stoves can be efficient, comfortable, convenient, economical, and ecological...a great way to keep warm.

But, wood stoves can be hazardous. They can cause a fire or explosion if they're improperly installed and used, not kept in a safe condition, or treated carelessly. For example, ceilings or walls may overheat if the stove is too close. Falling sparks may burn the floor. Too much wood in the stove may burn out of control. Creosote buildup may lead to a chimney fire. Sparks or flames escaping from a faulty chimney may ignite walls or roofs. The results may be injury, damage to or loss of home and property, or even death. You can be safe (as well as warm) if you know how to choose, install, operate, and maintain your wood stove.

The Carmel Valley Fire Department would like to make available a 16 page booklet titled **About Wood Stove Safety**, which details how to choose a safe stove, how to be sure you have a safe chimney, how to install your stove correctly, how to operate your stove safely, and how to maintain your wood heating system. Stop by the fire station on Via Contenta for your free copy.



SANTA CLAUS DELIVERY SERVICE

This year your local Fire Department is again conducting the **Santa Claus Delivery Service** for families living within the boundaries of the Carmel Valley Fire Protection District. With the help of the Firemen, Santa will deliver a gift to your child at home Christmas Eve, December 24, between 5 P.M. and 9 P.M.

If you wish to take part in this program, the following will apply:

Drop off the gift package at the firehouse on Via Contenta any day between 9 A.M. and 5 P.M. The last day that packages will be accepted is December 24, 3:30 P.M. Please only one package per child.

No animals, bicycles, or extra large packages will be accepted.

Using at least a 3" x 5" card, the child's name, address, and phone number must be permanently attached to the package. If the house might be difficult to find, written directions would be appreciated.

MID VALLEY SANTA VISIT



For those in the Mid Carmel Valley Fire Protection District, Santa Claus will be chauffeured in a fire truck by the Mid Valley Fire Department on Christmas Eve, between 2 and 5 P.M. to deliver presents to the children in the Mid-Valley Fire District. To make arrangements to have Santa visit your home, contact the Mid-Valley Fire Department at 624-5907 prior to 5 P.M. on December 23.

Want To Get Involved?

Alliance on Aging
Support and Education
for Senior Citizens
Every Friday, 11:20 A.M.
Community Center
Pacific Grove

American Heart Assn.
Service Organization
10 San Miguel, Salinas
Call 372-0485 for
meetings

Carmel Rancho Lions
Service organization
First and third Wednes-
day, 8 A.M.
Crossroads Community
Room.

Carmel River Steelhead
Association.
Special interest group
First Tuesday each
month, 7:30 P.M.
Crossroads Community
Room

Carmel River Watch
River Management and
Restoration
First Thursday, 7:30 P.M.
Baptist Church
Schulte Rd.

Chamber of Commerce
Serving Greater
Carmel/Carmel Valley
Business service
organization
Meetings vary call
659-4000

C.V. Community Chapel
Sunday Service 11 A.M.
Sunday School & Nursery
Available
Village Dr. & Paso Hondo

C.V. Community Center
Board of Directors
Service Organization
Last Wed., 7:30 P.M.
Activity House

C.V. Garden Club
Service Organization
Second Thurs., 8 P.M.
St. Dunstons

C.V. Kiwanis
Service Organization
Tuesdays, Noon
Hidden Valley

C.V. Native Plant Society
Third Tues., 7:30 P.M.
Carmel High School

C.V.P.O.A.
Representing property
owners in planning and
development matters.
Second Wed., 7:30 P.M.
call 659-4463 for place

C.V. Rodeo Association
Service Organization
Second Monday, 8 P.M.
Trail and Saddle Club

C.V. Rotary
Service Organization
Tuesdays, Noon
Rancho Canada

C.V. Women's Club
Service Organization
First Wed., Noon
meetings vary

C.V. Village Improvement
Committee
Professionals concerned
with Village beautifica-
tion and security
Second Fri., Noon
Los Laureles Lodge
No Host Luncheons

Community Christian
Church
Sunday, 10:30 A.M.
Community Center

County Board of
Supervisors
Tuesdays, 10 A.M.
Supervisors Chambers
Salinas

Experimental Aircraft
Assoc., C.V. Chapter 204
Second Fri., 7:30 P.M.
Oldmeyer Center
986 Hilby Ave. Seaside

Friends of C.V. Library
Service Organization
First Tuesday, 8 P.M.
At the Library

Friends of Hidden Valley
Service Organization
Meetings vary
Call 659-3115 for details

National Organization for
Women
Third Wed., 7 P.M.
Monterey Library

National Women's
Political Caucus
Third Thursday
Call 649-0834 for details

Professional Women's
Network
Support group
Fourth Tues., 7 P.M.
Crossroads Community
Room

Tularcitos Parents Club
Service Organization
Third Thurs., 7:30 P.M.
Tularcitos School

Where To Write To Representatives

Governor

The Honorable George Deukmejian
Governor of California
State Capitol
Sacramento, California 95814

State Assemblyman

The Honorable Sam Farr
1200 Aguajito Road
Monterey, California 93940
District No. 28
646-1980

The Honorable Eric Seastrand

1012 Mill Street
San Luis Obispo, California 93401
District No. 29

The Honorable Rusty Areias
25th District, State Assembly
Room 4139, State Capitol,
Sacramento, California 95814

Supervisor

William Peters
1200 Aguajito Road
Monterey, California 93940
District No. 5
649-6515

U.S. Senators

The Honorable Alan Cranston
45 Polk Street
San Francisco, California 94102
(415)556-8440

The Honorable Pete Wilson
450 Golden Gate Avenue
San Francisco, California 94102
(415)556-4306

U.S. Congressman

The Honorable Leon E. Panetta
380 Alvarado St.
Monterey, California 93940
District No. 16
649-3555

California State Senator

The Honorable Henry Mello
1200 Aguajito Road
Monterey, California 93940
District No. 17
373-0733

Crossword Puzzle and Trivia Test Answer

Trivia Answers

- 1) The Statue of Enlightining the World.
- 2) The dog was an English Setter named Adonis. He was registered in 1878.
- 3) Cincinnati Cobra
- 4) 1978.
- 5) Roosevelt Hotel on May 16, 1929.
- 6) Fuzzy Q. Jones

SASH ADES FAME
KIWI BITES OLAF
IDAS AVERY RANT
ANTIBESAUTIE
OVER DIE
STARE GID SARAH
ARNT REDINK EDO
CANCANNECANCAN
CII DACAPPO EURO
ONETO ESO ESTER
IBO SALT
NICENICENTEE
RINK CHIDE GOAL
ECCE EATON GAVE
SKAT DEFT STET

IMA ATRIA QUID
ROVE QUELL UNDO
AMAS URIEL ITEM
QUISLING OPPOSE
ISLEOF NOTES
NOEL ISOTOPE
HAT TRILL NEPAL
ARIL SNEER RUNS
MENOF EARED SEE
MATILDA STEP
TEALS AURORA
STREWN QUIXOTIC
LIAR UTURN STAR
ADZE BEIGE YETI
WEED ENDED RAD

Merry Christmas

Although the birthday of Christ was celebrated on various dates as early as the third century, its observance was not sanctioned officially until a century later. Until then, church fathers withheld their belssing because they feared the occasion would be tied in with pagan festivals. Finally, to satisfy growing Christian desire, Julius I, Bishop of Rome, authorized an investigation to determine Christ's probable birth date. This led to the selection of December 25. On that date in 354 A.D., the feast of the Nativity was first observed in Rome. — *Sunshine Magazine*

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